

# Thunderhawk Volleyball Camp 2010




# Go Hawks!



Questions:  
Email or Call Coach Casie Garland  
Casiejo5@gmail.com  
513-659-1062

Thunderhawk Volleyball Camp  
c/o Casie Garland, Head Varsity Coach  
5102 Sunburst Way Apt. 101  
Mason, OH 45040

 **Attention: All Incoming 5<sup>th</sup> – 8<sup>th</sup> Grade Girls**   
Join us for Volleyball Camp!  
Learn the game, improve fundamentals, HAVE FUN!

It's Time for Volleyball!  
Hope to See **YOU** at  
**Thunderhawk Volleyball Camp  
2010**



**When:**  
July 7-9  
Incoming 5<sup>th</sup> – 8<sup>th</sup> Graders  
9:00-12:00

**Where:**  
Lakota East Main Gym

**Thunderhawk Volleyball Camp  
2010**



## A message from Coach Garland

On behalf of the players and staff, I would like to welcome you to **Thunderhawk Volleyball Camp 2010!** We look forward to working with you!

The goal of Thunderhawk Volleyball Camp is to teach fundamentals, encourage good sportsmanship, promote teamwork, and build confidence in a game that we all enjoy!

Our camp instructors will consist of current **Lakota East Coaches, former and current college players, as well as former standouts from area high schools.** We sincerely hope you attend our camp and join in the excitement of Thunderhawk Volleyball! Come ready to work hard and have some fun!

### Insurance

Each camper must have her own insurance. Thunderhawk Volleyball Camp Staff members will assume no responsibility for injuries incurred while at this camp. In signing the application, parents/guardians assume any and all medical insurance risks.

### Note

This material was prepared by the coaches and is not sponsored or endorsed by the Lakota Local School District or any Lakota school.



## Camp Description

This three day camp focuses on skill development in all areas of the game. We will work on serving, passing, setting, blocking, defense and overall game play. Campers will be challenged in drill work, station work and game simulation. Each session will provide age appropriate activities and drills.

### Cost

\$75

Price includes a t-shirt and certificate

### What to Bring

Gym shoes, water bottle, knee pads

### Schedule

8:45-9:00	Check-In
9:00-9:15	Warm-Up Activities
9:15-9:45	Individual Skill & Demonstrations
9:45-11:00	Station Work
11:00-11:50	Team Drills/Game Play
11:50-12:00	Prizes & Awards

### Daily Themes

Here's a heads-up on what's in store this year. Prizes will be awarded daily for the most creative.

Wednesday: Favorite College Apparel

Thursday: Crazy Hair Day

Friday: Camp t-shirt day

## Registration Form

Name: \_\_\_\_\_

Address: \_\_\_\_\_

City: \_\_\_\_\_ Zip: \_\_\_\_\_

Home Phone: \_\_\_\_\_

Emergency Phone: \_\_\_\_\_

Emergency Contact Name and Relation:

\_\_\_\_\_

Email address: \_\_\_\_\_

T-Shirt Size: **Youth:** S M L

**Adult:** S M L

Make check payable to:  
Thunderhawk Volleyball

Mail registration form & check by **6/30** to:  
Thunderhawk Volleyball  
c/o Casie Garland  
5102 Sunburst Way Apt. 101  
Mason, OH 45040

### Medical Agreement:

I certify that my child has no medical problem that would limit participation in the Thunderhawk Volleyball Camp. I authorize camp instructors to act on my behalf in case of an emergency requiring medical attention. I verify that my child has full medical coverage and that I will be responsible for any medically related charges that may occur during her participation. I agree not to hold the camp instructors or Lakota Schools responsible in the event of a medical emergency.

Signature: \_\_\_\_\_ Date: \_\_\_\_\_