
CAMPER REGISTRATION

Name: _____

Address: _____

City: _____

State: _____ Zip: _____

Phone: (_____) _____

SESSION 1 _____

SESSION 2 _____

School: _____

Grade Entering: _____

Anticipated level of play for 2009
season: Mod J.V. Varsity

T-Shirt Size:

Small Med Large XL XXL

For further information call
Ron Racey. . Hm-756-9068
Work 756-5200 ext 2016
Kristi Kemmer765-9545

CAMP SCHEDULE

Monday

Warm-up & Stretch
Agility Drills – Jumping Drills
Individual Skill Stations
Break
Team Drills Off & Defensive
Game Play

Tuesday

Warm-up & Stretch
Agility Drills – Jumping Drills
Individual Skill Stations
Break
Team Drills – Offensive Systems
Weight room - Game Play

Wednesday

Warm-up & Stretch
Weight Lifting Ideas
Individual Skill Stations
Break
Team Drills Defensive Systems
Weight room Game Play

Thursday

Warm-up & Stretch
Serve Receive Patterns
Individual Skill Stations
Break
4 on 4 Tournaments Weight Room
NCAA Clearing House Info

Friday

Warm-up & Stretch
6 on 6 Tournaments
Awards & Info

Ravena-Coeymans-Selkirk

LADY INDIANS

VOLLEYBALLCAMP

*Home of the 2008 State
Finalist*



July 27 – July 31 2009

Session 1 – 8:30 – 10:30

Girls grades 5-8

Session 2 – 10:30- 1:30

Girls grades 9-12

Coaching Staff has over 50 years of
combined experience.

Coach Racey – 12 years at Siena
College

**LIMITED ENTRY
APPLY BY JULY 20**

We will do our best to accept all applicants as space is limited this summer due to construction.

Camp Philosophy

Volleyball is the ultimate team sport.. The camp goal will be to improve a players skills and knowledge of the game, while providing an environment to laugh and enjoy the experience

Camp Registration Information

To register fill out the Medical Release and the Camper Registration portion of this form.

Fax – 756-3534 or

******Mail to:**

Ron Racey Athletic Director
RCS Senior High School
Ravena, New York 12143

**Make checks payable to:
R-C-S Sports Association**

Camp Information

Camp Format:

Individual camp with instruction in individual offensive and defensive positions, and team strategies.

Grade Level:

Girls entering grade 5 - 12 for the 2009-10 school year.

Location:

R-C-S Senior High School

Camp Dates:

July 27- July 31 2009

Session 1- Ages Grade 5-8

Session 2 – Ages/Grades 9-12

Time:

Session 1 – 8:30am – 10:30am

Session 2 – 10:30am - 1:30pm

Cost:

Session 1 - \$60*

Session 2 - \$75*

*Includes camp T-shirt

Camper Needs:

Proper Attire

Proper Footwear

Positive Attitude

Snack Bar:

Refreshments and snacks will be sold.

Medical Release

Participation in any sport may cause physical injury including sprains, strains, contusions, fractures, dislocations, ruptures, herniations, lacerations, concussions and even death. In the event of an injury, I authorize the coaches, nurses, doctors, and emergency personnel, to administer first aid or care as deemed necessary. We the undersigned, for ourselves, our heirs, executors and administrators waive, release and forever discharge the R-C-S Volleyball Camp, the R-C-S School District, its staff, officers, agents, representatives, employees, successors, and assigns of and from any and all rights and claims for damages to person or property during activities, or while at camp site.

(Parent/Guardian Signature)

Date of Birth: _____

Name: _____ Age: _____

Father's Name: _____

Mother's Name: _____

Evening Phone: _____

Family Physician: _____

Hospital Preference: _____

Insurance Carrier: _____

Bee Sting Allergy? _____ Other Allergies? _____

Respiratory Defect? _____ Heart Defect? _____

Does applicant have any disability to warrant the curtailment of physical activity? _____

Please use separate sheet for remarks and recommendations