

CAMP PHILOSOPHY

Summer is the time to improve your volleyball skills and the RED & WHITE VOLLEYBALL camp is the place to do it.

Join us for a week of individual improvement and team competition.

Each camper will receive daily instruction in the intermediate skills of volleyball. The camp is for Experienced players – club or CYM, entering Grades 8-12.

CAMP DIRECTOR

Susan Heiss Athletic Director
Ursuline Academy
Email: sheiss@ursuline.org

Susan Heiss has coached volleyball at Ursuline Academy for 35 years. Coach Heiss has coached numerous championship teams in addition to receiving the 2004 Coach of the Year Award in Volleyball. Coach Heiss has also taught several years of CYM Coaches Clinics. She is excited about sharing her volleyball knowledge with our campers. The staff will consist of adult coaches and some of our own players.

Fundamentals such as passing, setting, serving and spiking will be emphasized. Campers will participate in modified rally competition. Game competition and contests are included.

- Campers should bring a lunch/snack and a water bottle each day. The last day campers may purchase pizza and sodas.

GENERAL INFORMATION

Cost: 1) 6/20-6/23 \$200 due by June 15
5:00 – 9:00 pm Mon- Thurs.
2) 8/1-8/4 \$240 due by June 30
9:00 – 2:00 pm Mon- Thurs.
\$100 non-refundable deposit due June 15.

Fee includes a camp shirt. This non-refundable payment must accompany the application.

- Campers must abide by all rules and regulations. If a camper is dismissed for good cause, no refund is given.

Register early to ensure a space at camp. Spaces are limited and will be awarded on a first-come, first-served basis. Limit: 30 campers.



Volleyball Camp Application Form 2016

Return this application (front and back) along with a non-refundable deposit of \$100 by June 15.

RED & WHITE
SPORTS CAMP
1503 Harrison Avenue
Wilmington, DE 19809

Checks should be made payable to RED & WHITE CAMP
Name _____

Address _____

City _____ State _____ Zip _____

Home Phone _____

Email address _____

Father's Name _____

Father's Work & Cell #'s _____

Mother's Name _____

Mother's Work and Cell #'s _____

Camp 6/20-6/23 5-9 pm _____ 8/1-8/4 9-2 pm _____

Grade Entering (Sept.16) _____

Team Played For _____

Shirt: Adult Sm. _____ Adult Md. _____

Adult Lg. _____ Adult X-Lg. _____

**2016 VOLLEYBALL CAMP
MEDICAL FORM**

Contact person in case of an emergency in the
event parents cannot be reached:

Name _____
Telephone
Number _____

Physician to
contact _____

Telephone Number _____

Med. Ins. Carrier _____

Policy Number _____

I understand that the camp schedule includes
strenuous exercise and that my child is in good
physical health and is not restricted from
participating fully in camp activities. By
enrolling my child, I assume all risks in
connection with the camp and release the
instructors, agents, and operators for any injury
suffered by my child, except for gross negligence.

Important Medical Information
(Allergic reactions, etc.)

Parent
Signature _____

**RED & WHITE
GIRLS'
ABOVE THE NET
VOLLEYBALL CAMP
2016**



**Location: Laffey-McHugh Gymnasium
Ursuline Academy
1106 Pennsylvania Ave.
Wilmington, DE 19806
(302) 798-5355**

**Grades 8 through 12
(In September '16)**

June 20-June 23

5:00- 9:00 pm

AND/OR

August 1 – August 4

9:00 -2:00 pm

