

CRUSADER VOLLEYBALL CAMP

HIGH SCHOOL TUNE UP (Girls Only : Incoming 9th – 12th)

JULY 18TH – JULY 20TH

9:00 am – 11:30 am

Tampa Catholic High School Gymnasium

The High School Tune Up Camp is designed for high school players looking to get technical and tactical instruction and feedback to improve their skill set in all areas of the game and get ready for their upcoming high school season. The camp incorporates fundamental skill instruction in combination with advanced training techniques, specific positional training, and match preparation sessions. The focus of training will be to prepare athletes for the next level with drills and competition designed to refine techniques and enhance the overall level of the volleyball athlete. You do not have to be a Tampa Catholic student to attend this camp.

REGISTRATION / CHECK-IN

Registration and check-in will be held from 8:30-9:00 am on Monday, July 18th in the Tampa Catholic High School Gymnasium. Camp ends at 11:30 am daily and camp will conclude on Wednesday, July 20th. All participants **must** be picked up by 11:45 am each day so we can prepare for our Middle School Camp in the afternoon.

SAMPLE DAILY SCHEDULE

9:00	Warm-Up & Stretch
9:15	Session I
10:00	Session II
10:45	Game Play
11:20	Cool Down
11:30	Camp Ends



CAMP INSTRUCTORS

The camp will be led by Whitney Witthun, Head Coach of the Tampa Catholic High School Varsity Volleyball Team, with the help of former High School Volleyball players and coaches.

Witthun has been the Head Varsity Coach at Tampa Catholic High School for one year. Prior to Tampa Catholic, Witthun was the Head Varsity Volleyball Coach for St. Joseph Catholic Academy in Wisconsin for eight seasons where she ended her career with back-to-back Regional Championships in 2019 and 2020. In addition, she has two years' experience coaching Varsity Boys and Girls Volleyball in California where she earned Coach of the Year honors.

An outstanding setter and defensive specialist herself, Witthun played NCAA Division I Volleyball for the Northeastern University Huskies located in Boston, Massachusetts and competed in the NCAA Tournament in 2001.

QUESTIONS and INFORMATION

If you have any questions, please call Head Coach, Whitney Witthun, 727-410-4918 or email at wwitthun@tampacatholic.org

REGISTRATION, CANCELLATION & PAYMENT

COST : \$150.00 (includes a camp shirt)

Full payment is due with application. No refunds will be given for any reason after **May 15, 2022**.

TWO OPTIONS TO REGISTER / PAY

1. **ONLINE LINK :** <https://payit.nelnet.net/form/YyigLRLi>
2. **CASH :** Fill out this form and return CASH payment and registration / waiver form to Whitney Witthun, 4630 N. Rome Avenue, Tampa, FL 33603

Shirt size is only guaranteed to those participants who register by **May 1, 2022**, all other participants will receive a shirt, but sizes will vary.

Applicants will be accepted on a first come first serve basis since we have limited gym space. (60 participants max)

An email will be sent to the address listed on the registration from to confirm camp enrollment. If you do not receive an email after a week of registering your daughter, please contact Whitney Witthun immediately.

REGISTRATION FORM

This form only needs to be filled out if you are NOT registering Online and are paying CASH directly to Whitney Witthun.

Camper's Name : _____

Parent's Names : _____

Street, Route & Box # : _____

City : _____ **State:** _____

Parent Email : _____

Parent Phone: _____

Current School : _____

Grade in Fall 2022 : _____ **Position :** _____

T-Shirt Size: YM YL S M L XL 2XL



ATHLETE WAIVER FORM

In order for the athlete to participate in this camp, you **MUST** return this form with your registration information and payment. Under no circumstance will we allow a camper to participate unless we have the completed form below.

PARENT/LEGAL GUARDIAN INDEMNITY AGREEMENT

CHILD/WARD: _____

ACTIVITY: Crusader Volleyball Camp

DATE(S) OF ACTIVITY: July 18th – 20th, 2022

I hereby request and give permission for my youth to participate in Crusader Volleyball Camp 2022. I understand and assume the risks inherent with this event and I also understand that all reasonable care and supervision will be exercised to provide for the general well being of my youth. I, on behalf of my youth named above, do hereby release, convent not to sue, and save harmless : The Most Rev Gregory Parks, Bishop of the Diocese of St. Petersburg, Tampa Catholic High School, and the employees, agents, and volunteers for the event, from any and all claims for any and all harm arising to my youth as a result of their participation in the event.

Parent/Legal Guardian – PRINT NAME

Parent/Legal Guardian - SIGNATURE

DATE