

## Camp Schedule

9:00—9:15

*Introductions*

9:15—9:30

*Warm up and stretch*

9:30—10:30

*Skills and Drills*

10:30—10:40

*Water and Snack*

10:40—12:00

*Skills and Drills*

12:00—12:30

*Lunch*

12:30—2:00

*Fun and Games*



**2017 VHSL STATE CHAMPIONS!**



**LANGLEY VOLLEYBALL**

**SHOWCASE TOURNAMENT CHAMPS**

**2006, 2013, 2017**

**LIBERTY DISTRICT CHAMPIONS**

**1999, 2004, 2007, 2012, 2017**

**NORTHERN REGION CHAMPS**

**1999, 2007, 2013, 2015, 2017**

**STATE CHAMPIONS**

**2013, 2017**

Return completed form and check to:

Langley Boosters Volleyball c/o Beth Longo  
Langley HS

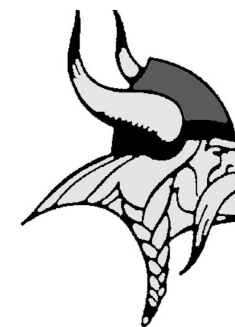
6520 Georgetown Pike  
McLean, VA 22101

Phone: 703-287-2752  
Fax: 703-287-2764  
E-mail: [sshifflett@fcps.edu](mailto:sshifflett@fcps.edu)

**Langley High School  
McLean, VA**

Langley High School  
McLean, VA

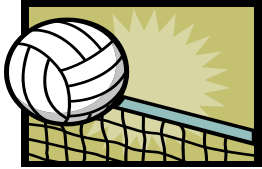
**VOLLEYBALL  
SKILLS  
CAMP**



*June 15-19*  
*9 AM—2 PM*  
**@ Langley HS**  
**6520 Georgetown Pike,**  
**McLean**



# Langley Volleyball Camp



*Commit to being the best!*

## Sponsored By:

Langley High School Athletic Boosters

## Camp Directors:

Susan S. Shifflett

Langley Head Girls' Volleyball Coach

Amy Dean

Langley Asst. Girls' Volleyball Coach

Michelle Bredehoft

Langley Asst. Girls' Volleyball Coach

Jharred Tulloch

GMU Men's Coach, Edison Coach

## STAFF:

Langley High School Volleyball Team

*We are excited at the popularity and growth of volleyball in Northern Virginia. It is our goal to provide our campers with the skills necessary to become a competitive and successful volleyball player.*

## WHO MAY ATTEND:

Anyone between the ages of 8 and 14. No previous experience required!

## LOCATION:

Langley High School in the Main and Aux gyms. Courts may also be set up outside. Meet in the gym each morning.

## WHAT TO BRING:

- Court shoes
- Knee pads
- A snack
- Water bottle
- Lunch

## COST:

\$250.00 per camper

## 2020 CAMP APPLICATION

NAME^

ADDRESS^

EMAIL^

(H) ^

© ^

Grade for school year ***now*** 19-20 : \_\_\_\_\_

Gender : F M Shirt size (adult) : XS S M L XL

METHOD OF PAYMENT **(No REFUNDS after May 1, 2020)**

Cash

Check made out to Langley Boosters

I hereby state that my child is in good health and has my permission to participate in all activities. I authorize the Langley Volleyball staff to authorize emergency first aid in the event of sickness or injury. My signature below releases the camp, sponsors, staff, and director from any and all liability. Please list any medical conditions the staff needs to be aware of during camp.

Parents Signature ^

## Send to:

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6520 Georgetown Pike  
McLean, VA 22101

Phone: 703-287-2752

Fax: 703-287-2764

E-mail: sshifflett@fcps.edu

Langley High School