



# GOLDEN KNIGHTS VOLLEYBALL CAMP 2023

**ABOUT US:** The two Northern Valley High School volleyball programs are consistently ranked in the top five in New Jersey. Coach Powell and Coach Landeck have guided their programs to League, County, and State Championships many times over. Both coaches are members of the NJ State Coaches Hall Of Fame. Many alumni, who began their careers at our camps, have gone on to play at the college level.

**DATES & TIME:** Week One: 7/17 - 7/20      Week Two: 7/24 - 7/27

**New Format:** Entering: 3<sup>rd</sup> to 6<sup>th</sup> grades: 8:30 AM to 11:00 AM    7<sup>th</sup> to 9<sup>th</sup> grades: 11:00 AM to 1:30 PM

**WHO MAY ATTEND:** Girls from Northern Valley entering grades 3 through 9.  
Players will be grouped by skill level.

**LOCATION:** Northern Valley Regional High School at Old Tappan North & South Gyms

**STAFF:**      Melissa Landeck (*Head Coach - NVOT*)      Beth Powell (*Head Coach - NVD*)  
                  Caitlin Yeck (*Head Coach - Mahwah*)      Kelly Brogan (*Assistant Coach - NVOT*)  
                  Present & Former NV Old Tappan & Demarest High School / Collegiate Players

**WHAT TO BRING:** knee pads, water bottles

**COSTS:** **\$200 for one week / \$360 for two weeks**

Please make checks payable to **Golden Knights Volleyball Camp** and return to:

Northern Valley Regional High School at Old Tappan  
ATTN: Melissa Landeck  
150 Central Avenue, Old Tappan, New Jersey 07675

**FOCUS:** We will focus on the skills of passing, serving, spiking, setting, and blocking. Game simulations and drills will be used for instruction and practice.

If you have any questions, contact Coach Landeck at: OldTappanVolleyball@gmail.com

**PLEASE DETACH AND RETURN THIS FORM NO LATER THAN 6/30/23**

**CAMPER'S NAME:** \_\_\_\_\_ **GRADE IN SEPTEMBER** \_\_\_\_\_

**PLEASE INDICATE WEEK(S):**     July 17-20 @ \$200     July 24-27 @ \$200     BOTH weeks @ \$360

***Add \$10 late fee if registering after 6/30. No guarantee of a t-shirt***

**PHONE NUMBERS:** \_\_\_\_\_

**ADDRESS:** \_\_\_\_\_ **TOWN:** \_\_\_\_\_

**EMAIL:** \_\_\_\_\_ **T-SHIRT SIZE: Youth or Adult?** \_\_\_\_\_ **S    M    L    XL**

I forever release Golden Knights Volleyball Camp, coaches, and volunteers from any and all actions, claims, or demands that I, my assignees, heirs, distributes, guardians, next of kin, spouse and legal representatives now have or may have in the future, for injury, death, or property damage, related to my participation in these activities, the negligence or other acts, whether directly connected to these activities or not, and however, caused by any Release, or the condition of the premise where these activities occur, whether or not I am then participating in the activities.

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

**Emergency Contact:** \_\_\_\_\_ **Phone Number:** \_\_\_\_\_