

STMC Knight's VOLLEYBALL

SPRING BREAK CAMP 2019

**This 3-day camp is open to all players who are currently in grades 7 – 9
(28 camper MAXIMUM – spots fill up fast!!!)**

FOCUS: *Improving basic fundamental skills of the game:*

The Forearm Pass	Blocking
Setting Fundamentals	The Attack
Overhand Serving	Movement

Learning and understanding basic team fundamentals and game strategy

Offensive and defensive strategies
Game Systems

WHEN: March 26, 27 and 28
9:00am – 12:00pm

WHERE: St. Thomas More Collegiate School Gymnasium

COST: **\$105**
(Includes camp t-shirt)

STMC VARSITY VOLLEYBALL COACHING STAFF:



Mrs D. Paloposki & Miss C. Lauang

WHAT TO BRING FOR CAMP:

*Water bottle, knee pads (optional), snack, running shoes or court shoes
(no outside shoes please)*

REGISTRATION DEADLINE: March 15th, 2019

Any questions should be directed to danielle.paloposki@stmc.bc.ca

STMC Knight's VOLLEYBALL **SPRING BREAK CAMP 2019**

REGISTRATION FORM

(Please fill out completely)

Camper Information:

Name of Camper (first & last): _____ Current Grade: _____

Sex: **M** **F** Current School: _____

T – shirt Size: **XS** **S** **M** **L** **XL**
(adult sizes)

Camper Medical Information:

Allergies: _____ Asthma: **Y** **N**

Other: _____

Please notify the coaches prior to the beginning of the camp of any medical conditions. All campers are asked to provide the coaches with any necessary medications.

Parent/Guardian Contact Information:

(Please include contact information that we can contact if an emergency presents itself DURING the camp)

Name of Parent/Guardian: _____

Address: _____ Street Number and Name: _____
City: _____ Postal Code: _____

Work Phone: _____

Cell Phone: _____ Email: _____

PRIVACY CLAUSE

I, _____ (Parent/Guardian's Signature) understand that this information will only be used to provide for my child's safety and enjoyment at the camp.

Payment can be made by cash or cheque. Please make cheques payable to St. Thomas More Collegiate (Memo: Volleyball Camp). You can drop your registration off at the front office or mail them to the following address:

**STMC Spring Break Volleyball Camp
7450 12th Avenue
Burnaby, BC V3N 2K1**

Registration Deadline: March 15th, 2019