

CALIFORNIA LUTHERAN HIGH SCHOOL GRADE SCHOOL VOLLEYBALL CAMP

Dates: July 26-29, 2010
For: Girls entering grades 5-9
Times: 3 sessions between 9:00 a.m. and 6:00 p.m.

PROGRAM:

- Presented by the CLHS Athletic Department and Coaches Andrew and Stacey Aguilar and Rob Gorney
- Current C-Hawk Volleyball players will help add the "fun" to fundamentals
- The camp's focus is to move each girl along her personal skills pyramid starting with "passing."
- Coaches will be offering high energy sessions in a positive, Christian environment.
- Campers will train individual skills including passing, serving, setting, hitting, blocking as well as team defense and serve receive.

COST:

The camp fee is \$100.00 for all who attend. Included in this cost:

- ✓ Quality instruction from Christian coaches
- ✓ A camp T-shirt and souvenir
- ✓ All meals and snacks
- ✓ Lodging in the CLHS dormitory from Sunday night until Thursday evening
- ✓ An exhibition match on Thursday night followed by an awards ceremony for all players and parents.
- ✓ Free admission to all home C-Hawk volleyball games
- ✓ Support of C-Hawk athletics - all proceeds go to support the athletic program at CLHS
- ✓ There is a \$25.00 discount for any girl who attends the CLHS basketball camp

REGISTRATION INFORMATION

- ✓ The camp fee is \$100.00 for girls entering grades 5-9. Send check or cash for the entire amount along with your registration form.
- ✓ We encourage all campers to stay in the dorm for the week in order to get the true camp experience and enjoy all of the night activities.
- ✓ Early arrival is Sunday night after 7:00 p.m. *Please do not arrive earlier.*
- ✓ Girls wishing to arrive on Monday morning should check in before the 9:00 session begins.
- ✓ Make all checks payable to "CLHS Volleyball Camp" and mail to:
Attn: CLHS Camp Registration
California Lutheran High School
P.O. Box 1570
Wildomar, CA 92595
- ✓ Please have ALL registration forms and fees turned in by Monday, June 28, 2010.

SCHEDULE OF EVENTS

7:00	Rise and shine. Breakfast served in the dorm.
9:00-11:00	Session 1 - volleyball skills and drills
11:00-12:00	Rest and relaxation
12:00	Lunch
1:30-3:30	Session 2 - various volleyball activities
3:30-5:00	Rest and relaxation
5:00-6:00	Dinner and devotion
6:30-8:00	Session 3 - game simulations
8:00-9:00	Evening activity
9:00	5&6 grade bed time
10:00	7-9 grade bed time

WHAT THE PLAYERS SHOULD PROVIDE

- Clean indoor shoes for gym only, shirt, shorts, socks, knee pads, a towel, etc...
- All players should have their own towel and water bottle. There are drinking fountains.
- All campers must have their own health and accident insurance coverage. A copy of your insurance information can be faxed to (951) 678-0172 or mailed along with your registration information.
- A willing and enthusiastic Christian attitude.
- For the dormitory - changes of clothes, a towel for showering, personal hygiene items, a pillow and a sleeping bag. A bed and a roommate will be provided, as well as meals and healthy snacks each day. The dorms will be under the adult supervision of the CLHS female dorm supervisor each night.

Any contact with campers throughout the week can be made through cell phones or by using Camp Director Coach Aguilar's cell phone (951) 200-1627.