

ROYALS VOLLEYBALL - SUMMER CAMP 2023



Vernon Christian School- Monday, August 21 to Friday, August 25

FUNDAMENTALS CAMP	FUNDAMENTALS INSTRUCTION
<p>Boys <u>and</u> Girls entering grades 5,6, 7 & 8 9:00am to 12:30pm Vernon Christian School gym Check in time 8:45am Cost: \$120.00 - cash, e-transfer, or cheque Cheques payable to Vernon Christian School 6920 Pleasant Valley Road, Vernon, BC, V1B 3R5 E-transfer to: payments@vcs.ca Security question: What city is VCS located in Answer: Vernon Comments: Please fill in "Royals Volleyball Summer Camp and name" Includes your own camp t-shirt! Daily prizes to be given away!</p>	<p>Underhand contacts- passing, positioning, footwork, serve receive, digging. Overhead volley- passing, serve receive, set ting Serving- underhand and overhand serve techniques Blocking- footwork and arm action Spiking- arm action, footwork, body positioning, ball placement Competition preparation- mental focus, nutrition</p>

*** Early Bird Registration: Register by Monday, June 26- \$100.00**

Enquiries and Registrations: Contact Chris at cbannick@vcs.ca

What to bring:

- . Running shoes, shorts, t-shirt, knee pads (optional), socks
- . Water bottle or juice boxes
- . **healthy** snack food (bananas, oranges, granola bars, etc.)

Registration:

Fill out the registration form and SEND BY EMAIL to cbannick@vcs.ca or drop off registration at VCS Secondary Campus office.

Space is limited so register early. Please record your information below to be notified for verification of camp acceptance. Send all checks to Vernon Christian School- 6920 Pleasant Valley Road, Vernon, BC, V1B 3R5. Refunds will not be issued after August 1st.

Facilitator:

Chris Bannick- Level 2 volleyball coaching certification, VCS Sr. Boys Head Coach/Assistant Coach 2005- present, grade 8 girls Head Coach 1998-2001, Jr. boys Head Coach 2002-04, Vernon Volleyball Club Head Coach U16 girls 2006, U17 girls 2007, Vernon Volleyball Club Head Coach U14/15 girls 2008, Associate Coach U18 Boys 2009, U18 Girls 2010. Sky Volleyball Club Assistant Coach U18 Boys 2018-2021

Instructors: Trinity Remple- VCS Royals Sr. Girls Volleyball- 2019-present; Sky Volleyball Club 2017-present; Team BC (Okanagan) 2022

Jack Johnson- VCS Royals Sr. Boys Volleyball- 2021-present; Sky Volleyball Club 2018-present. Baden Cup Team Okanagan 2022

Plus additional senior athletes and guest coaches!

ROYALS VOLLEYBALL SUMMER CAMP
REGISTRATION FORM



NAME: _____ MALE ___ FEMALE: ___

ADDRESS: _____

HOME PHONE: _____ E-MAIL: _____

WORK PHONE: _____

GRADE IN SEPT. 2022 _____ Birthdate (MM/DD/YY) _____

T-shirt size: youth medium ___ youth large ___ adult small ___ adult medium ___

PARENT/GUARDIAN NAME: _____

EMERGENCY CONTACT NAME: _____

EMERGENCY CONTACT PHONE: _____

ALLERGIES OR OTHER MEDICAL CONCERNS: _____

PARENT/GUARDIAN RELEASE: I hereby authorize my child's participation in this sports camp. I know of no physical or mental issues, which may affect my child's ability to safely participate in this camp. I acknowledge that the camp has the right to deny admission to the camp or dismiss my child from the camp for any reason. I hereby authorize the staff of the Royals Volleyball Camp to act on my behalf in the case of illness or injury involving my child. I agree that Vernon Christian School and the camp staff will not be held liable for any injuries, illnesses, or expenses incurred as a result of my child's attendance and participation in the camp.

Parent/Guardian Signature Date