

# ROYALS VOLLEYBALL - SUMMER CAMP 2026



Vernon Christian School-Monday, August 24 to Friday, August 28

## FUNDAMENTALS CAMP

## FUNDAMENTALS INSTRUCTION

Boys and Girls entering grades 5,6 & 7  
 9:00am to 12:30pm  
 Vernon Christian School gym  
 Check in time 8:45am  
**Cost: \$125.00 - 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](mailto: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!

Underhand contacts- passing, positioning, footwork, serve receive, digging  
 Overhead volley- passing, serve receive, setting  
 Serving- underhand and overhand serve techniques  
 Blocking- footwork and arm action  
 Spiking- arm action, footwork, body positioning, ball placement  
 Competition preparation- mental focus, nutrition

**\* Early Bird Registration: Register by Monday, June 22- \$110.00**

Enquiries and Registrations: Contact Chris at [cbannick@vcs.ca](mailto: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](mailto: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 1<sup>st</sup>.

**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:** Caden Kooger- VCS boys Volleyball- 2021-present; Lynx Volleyball 2023/24; Tristan VanderDeen- VCS boys Volleyball- 2021-present; Paisley Wallace- VCS girls Volleyball- 2021-present; Sky Volleyball 2024/25- present.

Plus additional senior athletes and guest coaches!

# ROYALS VOLLEYBALL SUMMER CAMP

## REGISTRATION FORM

NAME: \_\_\_\_\_ MALE \_\_\_ FEMALE \_\_\_\_\_

ADDRESS: \_\_\_\_\_

HOME PHONE: \_\_\_\_\_ E-MAIL: \_\_\_\_\_

GRADE IN SEPT. 2026 \_\_\_\_\_ 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

