



WCHS 2009
Volleyball Camp Information

- FOR:** Students entering 4th-8th grades in the Fall.
- COST:** \$65.00 includes a custom designed VB camp t-shirt and a fun valuable learning experience.
- DATES:** Monday, July 20-Thursday, July 23 2008.
- TIME:** 9AM-12noon.
- WHERE:** WCHS GYM. (@ the Yolo County Fairgrounds enter off Gum Ave.)
- COACHES:** WCHS varsity volleyball coach Mark Perkins & WCHS volleyball team members.
- SKILLS:** Each day will begin with stretching and conditioning exercises. Students will be taught basic volleyball skills, such as passing, serving, hitting, and setting, through various drills and activities. Students will be encouraged toward good sportsmanship, attitudes, and teamwork. Students will need to come dressed in attire suitable for vigorous exercise, including athletic shoes. Students should provide their own water!

Volleyball Camp Registration Form
Woodland Christian High School
2009

Name _____

Address _____

Phone Number _____

Grade in School for 2009/2010 _____

Camp Fee: \$65.00

*****Make checks payable to WCHS Volleyball**

Shirt Size (please circle)

Youth Medium	Youth Large	Adult Small
Adult Medium	Adult Large	Adult X-Large

My son/daughter and I agree to the regulations of WCHS and the volleyball camp. I authorize the camp directors to obtain any medical attention needed or required for my son/daughter if he/she is injured or becomes ill.

Signature of parent/guardian _____

Emergency phone Numbers _____

Medical insurance provider _____

Medical insurance number _____

Contact Information: Mark Perkins WCHS
VB Coach 796-3746