

# 2015 Lady Owl Volleyball Skills Camp

July 29 – 31

4:00 – 7:00 pm

Incoming Grades 7 - 9

Cost: \$30

Incoming 7<sup>th</sup> and 8<sup>th</sup> graders will learn the necessary skills to excel, as well as several new offensive and defensive strategies used in volleyball. Campers will learn fundamental skills in passing, setting, and serving, along with rotations, defenses, and how to take their hitting to the next level.

The 9<sup>th</sup> graders will learn the drills, skills, and terminology that will be used during two-a-days to bring them up to speed with the returning high school athletes. In high school, players are not placed on teams based on age. They are placed based on skill level. This camp is designed to give incoming freshman EVERY opportunity to make the junior varsity or varsity squad at the beginning of the 2015 season. The additional hour will give them one extra hour to prepare for two-a-days.

\*\*Please make all checks payable to Lady Owl Athletics.

## WHAT TO BRING?

1. Good Court Shoes
2. Knee Pads
3. Water

## Camp Instructors:

Cody Hassell  
Kristi Stewart  
Chelsey Sims  
Bridget Coronado

## Contact and Payment Information:

Cody Hassell  
8863 CR 192  
Anderson, TX 77830  
(979) 777-8988 cell  
(936) 873-4550 school  
chassell@ascisd.net

Name: \_\_\_\_\_

Grade (Fall 2015): \_\_\_\_\_

Parent or Guardians Name: \_\_\_\_\_ Phone Number: \_\_\_\_\_

Emergency Contact Name: \_\_\_\_\_ Phone Number: \_\_\_\_\_

Medical conditions/allergies: \_\_\_\_\_

I, the parent or legal guardian of \_\_\_\_\_, hereby give my permission for my child to participate in the Anderson-Shiro Summer Volleyball Camp and acknowledge the fact that she is physically able to participate in camp activities. I assume all risks incidental to her participation, and further hereby release the camp director and coaches at Anderson-Shiro CISD from any and all liability. I waive all causes of action against them, which may arise by the reason of the operation of the said volleyball camp.

\_\_\_\_\_  
Signature of Parent/Guardian

\_\_\_\_\_  
Date