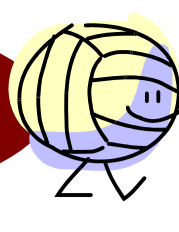


Volleyball camp



Lincoln High All Skills camp!

Date: 08-10-13th 2009

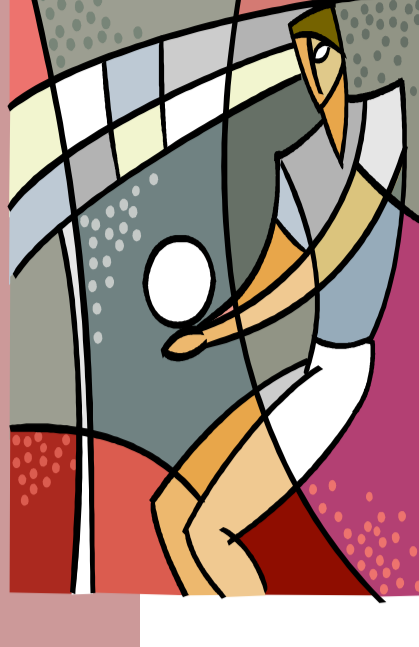
Time: 4:30-7:30

Pre-register by: 07-31-2009

CAMP INFO

- Pre-register \$125
- Day of Register \$135
- Wear appropriate comfortable attire
- tennis shoes
- knee pads
- Water bottle
- towel
- Inhaler required if Asthmatic
- Snacks recommended

For more Information or concerns please contact Lea Petock Varsity coach at Lincoln through email at lea_petock@yahoo.com



The Lincoln All Skills Camp is designed to teach players the technical aspects of the game with good form. We will focus on **passing, setting, hitting, defense, serve receive and game play situations.**

The key to being successful in volleyball comes from the core fundamentals of the game.

My philosophy as a coach is that we can always learn more and become better players if you know the fundamentals and are consistent practicing them.

Incoming freshman and returning players to any high school are welcome to register for camp.

I acknowledge that Lincoln is not liable for any injury that may occur during camp.

Mail form and entry fee

3735 SW Hood ave.
Portland Or 97239
Make payments to Lincoln volleyball.

Contact person
Varsity coach Lea Petock
lea_petock@yahoo.com

Name of participant

Emergency Contact info /email

Phone

T-SHIRT SIZE

Age and school attending

I give permission for my child to participate in the Lincoln Volleyball camp and have read and agree to all conditions.

Signature of participant

Signature of parent

Date

Date