

Registration Information

Name: _____

Phone #: _____

Address: _____

Phone (Work/Cell): _____

Male/Female: _____

Age: _____ Height: _____

Grade Entering
(Fall): _____

School: _____

T-Shirt Size
(Adult/Youth): _____

Session #: _____

Emergency Contacts/Liability

Release

Emergency Contact: _____

Relation to Camper: _____

Phone (Work/Cell): _____

Medical Insurance

Provider: _____

Policy #: _____

Doctor: _____

Parent's Consent

I hereby give my permission for my child to participate in all activities at the "Cougar Volleyball Camp." I declare that my child is in good physical condition. I hereby give the staff of "Cougar Basketball Camp" permission to render such medical and hospital care as, in their judgment may seem advisable for my child. I hereby state that we have adequate medical coverage and will not hold the staff of "Cougar Basketball Camp" liable for any injuries incurred during the camp session.

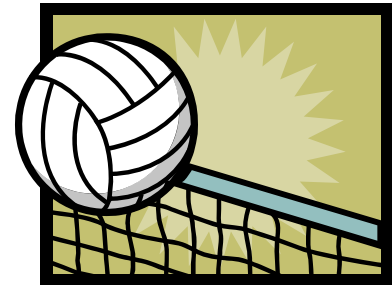
 X

Parent Signature

Mail Payment to:
2721 Larkey Lane
Walnut Creek, CA 94597
c/o Janelle Hecker



**Contra Costa Christian
High School
Presents**



**COUGAR
VOLLEYBALL
CAMP 2008[®]
"Play like a Champ"**

Instructor: Wendy Padmos

**Go to contracostachristian.org for
additional brochures**

**Contact: Janelle Hecker
Phone: (925) 934-4964**

Cougar Volleyball Camp

Cougar Volleyball Camp is a sponsored by Contra Costa Christian H.S. located in Walnut Creek, CA. This years director is Wendy Padmos who is a former varsity coach at Contra Costa Christian. She has coached and played volleyball for many years at every level. She has coached boys and girls of all ages from middle school on up to a collegiate JV team. Wendy is a coach who loves the game and loves teaching techniques of the game.

Cougar Volleyball Camp is geared to provide each camper with the individual instruction needed to develop both the fundamentals of Volleyball and sportsmanship. We offer an excellent program that will afford your child the opportunity to improve their skills. Each day will cover both individual skills, team drills, and agility training. Through Cougar Volleyball Camp, your child will receive the skills needed to become a champion.

Enrollment is on a first come, first serve basis.

Be sure to reserve your spot now!

Campers Entering Grades 9th through 12th

- **Date:** August 4th – 7th
- **Time:** 9:00 AM – Noon
- **Location::** Tice Valley Gym
2055 Tice Valley
Blvd.
Walnut Creek, CA
- **Tuition::**
\$ 100 before July 10
\$ 110 after July 10

Grades 9th through 12th : Camp Features

- ✓ Basic skills and technique practice
- ✓ Active Drills and Rotation Practice
- ✓ Underhand and Overhand Passing
- ✓ Serving and Receiving
- ✓ Hitting and Blocking
- ✓ Digging and Defense
- ✓ Competitive Play in various team formations
- ✓ Fun games and volleyball related activities
- ✓ Daily Plyometrics
- ✓ Camp T-Shirt & water bottle

