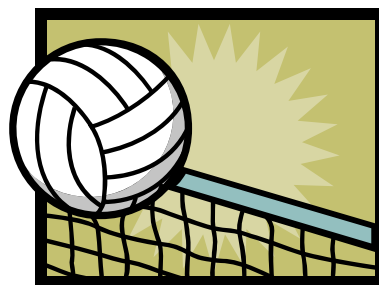


2009 Volleyball Camp

Loyola Sacred Heart



Dates: June 22-25 (Monday- Thursday)

Location: Sister Rita Mudd Activity Center

(Third Street, turn north on California St., will be straight ahead near the Bargain Corner.)

Girls entering grades 6th-8th: 9:00 A.M.-12:00 P.M.

Girls entering grades 9th-12th: 1:00 P.M. – 4:00 P.M.

Camp Information for grades 6th-8th: You will need to bring a water bottle. Please wear tennis or volleyball shoes and knee pads (if you have them). The camp will include individual and group instruction on proper technique for setting, passing, spiking, and serving the volleyball. Many fun drills as well as nutrition will be addressed. The last day we will have a small volleyball tournament.

Camp Information for grades 9th-12th: You will need to bring a water bottle, wear volleyball/tennis shoes and knee pads. The camp will include instruction and challenging drills to individually improve setting, passing, spiking, blocking, digging and serving the volleyball. Nutrition and goal setting will be addressed. The last day will include a fun yet competitive volleyball tournament.

Amy Sellman, who will be coaching this camp, attended St. Louis University on a volleyball scholarship. She was fortunate enough to be coached by an Olympic athlete Janet Blair from 1986-1989. Amy has coached in Brookfield, Wisconsin and in Missoula MT (for St. Joseph School.) She is also a physical therapist with 19 years experience and a trained eye in proper biomechanics and kinesiology.

Please return this page with payment

Registration: Forms can be dropped off at either LSH or the Foundation Office c/o Amy Sellman. May also mail forms to Amy Sellman, 605 Castle Pines Road, Missoula, MT 59802. For more information please call Amy Sellman @ 360-8801

Name: _____

Address: _____

Please check one of the below:

Morning session entering grades 6-8 _____

Afternoon session entering grades 9-12 _____

Parent/Guardian Phone (Home) _____ (Work) _____ (Cell) _____

IN CASE OF AN EMERGENCY PLEASE LIST TWO OTHER CONTACTS BESIDES YOURSELF

Name: _____ Phone _____

Name: _____ Phone _____

NOTE ANY MEDICAL CONDITIONS: _____

PARENTS PLEASE READ AND SIGN

BE WARNED: VOLLEYBALL IS A PHYSICAL GAME THAT CAN RESULT IN SERIOUS INJURY TO THE PARTICIPANT. Although every precaution will be taken, camp participants are at risk. I hereby authorize the directors of the camp to act according to their best judgment regarding emergency medical attention. I, for myself, and my child, hereby release and agree to hold harmless LSH, the directors and the staff of the camp of and from any and all liability or claims associated with camp participation. I acknowledge that this camp does not provide insurance of any kind for camp participants. For more information please call Amy Sellman at 406-360-8801.

Signature: _____ Date: _____

CAMP COST: \$50.00 for registration **BEFORE** camp

\$60.00 for **DAY OF** registration.

Please make checks payable to Amy Sellman