

2021 COUGAR EXCEL VOLLEYBALL TEAM CAMP

July 28-31st

Franklin High School

Main Gym

\$245 per player



LISA STUCK, CAMP DIRECTOR

- Head Coach - Glendale Community College 1997-present
- Coached Glendale Community College to the **NJCAA National Volleyball title-2014**
- Named **NJCAA National Coach of the Year-2014**
- 6 NJCAA District 2 Coach of the Year Awards
- NAU Assistant Coach 1996-1999
- Head Coach - Mesa Community College 1991-1996
- ASU All-American and Hall of Famer

2019 STAFF

Our staff is always excellent and includes a mixture of experienced Collegiate Coaches, Junior Coaches, All Americans, former USA Volleyball Team Members and Professional players, schedule permitting.

GREAT REASONS TO ATTEND

- Separate position training each full day
- Athletic trainers available at each camp
- Team building activities
- Competitive sessions

ALL TEAMS CAN BENEFIT FROM TEAM CAMP-VARSITY, JV, AND FROSH.....

We **EXCEL** at improving teams and players to win championships. Get an edge on the competition with 12 hours of team instruction, 12 hours of competition and 3 hours of position training for 4-day camps. Each team is provided an instructor that stays with the team the entire camp. The high school coach determines what systems will be used and refined for the 2021 season. A schedule will be designed for your team based on this information. If desired, our camp coach can recommend any systems based on team personnel. Any involvement by the high school coach at camp is welcomed and attendance is encouraged, but not necessary the end of camp.

TEAM BUILDING

Team building, team chemistry, and cooperation is a natural by-product of our camp schedule. The warmup and cool down sessions involve team building and competitive activities. Our team building activities provide opportunities for leadership and often brings out unrealized team talent. It also brings fun and entertainment to camp. These activities help teams to work together toward common goals.

TEAM CAMP SAMPLE DAILY SCHEDULE:

9:00-12:00 - Team Instruction and Skills

1:15-2:30 - Individual Position Training Stations
Setters, Middle Hitter/Blockers, Outside Hitters
(R and L), Libero and Defensive Specialists

2:30-3:00 - Team Building Activity

3:30-5:15 – Competitive Session

5:30 Camp Ends

For More Information Contact:

Sylvia Sandoval
Franklin HS
Head Volleyball Coach
ssandova@episid.org

2021 PLAYER REGISTRATION FORM
\$245 Camp Fee
Camp is restricted to Franklin Volleyball Team Members Only

Please make payments at Franklinvolleyballboosters.org
1st payment due June 18th, 2021, of \$100 (limited spots available)
2nd payment due July 16th of \$145

NAME _____ SCHOOL _____ B-DAY _____ GRADE _____
ADDRESS _____ CITY _____ STATE _____ ZIP _____
HOME EMAIL _____ CELL PHONE _____ HOME PHONE _____
FATHER'S NAME _____ CELL PHONE _____ HOME PHONE _____
MOTHER'S NAME _____ CELL PHONE _____ HOME PHONE _____
PERSON TO CALL IN CASE OF EMERGENCY _____ PHONE NUMBER _____
INSURANCE POLICY _____ SUBSCRIBER NAME AND NUMBER _____
GROUP NUMBER _____ SUBSCRIBER EMPLOYER _____

Please list any medical condition or medication allergy we should be aware of _____

PARENT PERMISSION FORM (MUST BE SIGNED FOR PLAYER TO PARTICIPATE)

I hereby authorize the Team Camp Staff to act for me according to their judgment in any emergency requiring medical attention and I hereby waive and release the Team Camp Staff and it's owners and employees from any and all liability stemming from any injuries or illnesses incurred while at camp. I have no knowledge of any physical impairment which would be affected by the above-named camper participation in the camp program as outlined. **I understand this camp consists of strenuous physical activity.**

Signature (Parent or Guardian) _____ Date _____

Print Name of Parent Signing _____

Signature of Camp Participant _____ Date _____

 Payment 1 \$100

Payment 2 \$145

Paid in Full \$245

Physical On File: Yes No