

Spring-Ford Rams Volleyball Camp – Summer 2016 (PLEASE PRINT)

Name \_\_\_\_\_  
Grade entering in Sept. 2017: 6<sup>th</sup> 7<sup>th</sup> 8<sup>th</sup> 9<sup>th</sup> 10<sup>th</sup> 11<sup>th</sup> 12<sup>th</sup> School \_\_\_\_\_  
Address \_\_\_\_\_ City/State \_\_\_\_\_ Zip \_\_\_\_\_  
Phone (H) \_\_\_\_\_ Parent (cell) \_\_\_\_\_  
Emergency Contact Name & Phone \_\_\_\_\_ Relationship \_\_\_\_\_  
Session: 7/17 to 7/20  
T-shirt Size: (Please circle one) S M L XL Email: \_\_\_\_\_  
I give my consent and approval to the Spring-Ford Volleyball Summer Day Camp, its officers, staff or employees to act on my behalf in securing medical attention for the above applicant from a licensed physician or hospital.  
Signature of Parent or Guardian \_\_\_\_\_ Date \_\_\_\_\_  
Insurance Company \_\_\_\_\_ Policy Number \_\_\_\_\_  
(all insurance information must be filled in before registration can be processed.)  
Office Use Only: Cash/Check # \_\_\_\_\_ Payment enclosed \_\_\_\_\_

Volleyball Camp Schedule

- 9:00 check in
- 9:15 warm-up/stretching
- 9:30 skills (passing, setting, serving, hitting, & blocking)
- 10:15 conditioning
- 10:30 group court play (team building)
- 11:00 conditioning
- 11:30 lunch
- 12:15 guest speaker
- 12:45 stretch
- 1:00 conditioning
- 1:15 team game play

This Session will cover serving, passing, hitting, setting and blocking. We will have conditioning workouts throughout the day and discuss defense and volleyball strategy.

We are opening our camp to all students entering 6<sup>th</sup> grade to 9<sup>th</sup> grade.

If you have any questions, you can contact Coach Lemuell via e-mail: [nlemu@spring-ford.net](mailto:nlemu@spring-ford.net)

Spring-Ford Rams  
Volleyball Camp  
Summer 2017



“Get Ready to Touch the Ball 1000 times a Day”

Conditioning and Instruction  
(Only One Session this Year)

July 17 to July 20 (M-Th)  
9:00 AM to 2:00 PM

SFHS 7th Grade Center Gym  
833 S. Lewis Road  
Royersford, PA 19468

## CAMP INFORMATION

### Dates and Times:

Monday through Thursday 7/17 to 7/20

9:00am to 2:00pm

### Location:

Spring-Ford High School 7<sup>th</sup> Gr. Gym  
Building #2  
833 S. Lewis Road  
Royersford, PA 19468

**Camp Fee:** \$125 per camper (SF district residents)

\$115 per additional (SF district residents)

\$135 per camper (Non-SF district residents)

\$125 per additional (Non-SF district residents)

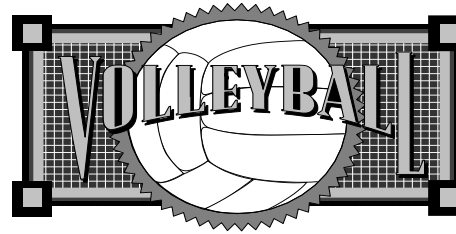
**Registration:** To register fill out the attached registration form and mail, along with payment to:

**Spring-Ford Girls Volleyball Camp**  
c/o Nick Lemuell  
Spring-Ford High School – Athletic Office  
350 S. Lewis Road  
Royersford, PA 19468

To ensure your place in the camp, we recommend that you register as soon as possible. Make checks payable to “Spring-Ford HS Volleyball Team”.

Registration Deadline: July 1<sup>st</sup>, 2017

If you have any questions, you can contact Coach Lemuell via e-mail at [nlemu@spring-ford.net](mailto:nlemu@spring-ford.net)



### **Spring-Ford High School Coach** **Coach Josh McNulty**

- SFHS Volleyball Coach
- Club Integrity Coach

### **Assistant Director - Coach Mindy Bower,** **11<sup>th</sup> year as SF 7<sup>th</sup> Grade Coach**

- Former Middle School 7<sup>th</sup> Grade Coach

### **Assistant Director - Coach Nick Lemuell** **11<sup>th</sup> year as SF Volleyball Coach**

- High School JV Coach
- Middle School 8<sup>th</sup> Grade Coach
- Coach at VB Clinics

**~Additional staff includes**  
**current and former**  
**Spring-Ford Volleyball Players~**

## SUMMER CAMP FEATURES

- Emphasis on basic volleyball skills
- Groups according to ability level
- Individual and team skills
- Informative mini-lectures
- Drills, games & contests
- Guest speakers
- Conditioning and fitness
- Proper technique
- Advanced volleyball skills

