

2008 Redwoods Volleyball Camp
CR Volleyball
7351 Tompkins Hill Road
Eureka, CA 95501



The College of the Redwoods volleyball program will be offering a youth camp for girl's heading into grades 6-8 in the fall of 2009. The camp will be held at the College of the Redwoods Main Gym on the Eureka campus. The camp will be held Tuesday, Wednesday, and Thursday: August 11, 12, and 13.

The camp will run from 9:00 am to noon each day. Doors will open at 8:30 each morning to allow for convenient drop-off. Campers will be divided into skill appropriate groups to make for the best possible camp experience.



2009 College of the Redwoods Girl's Volleyball Camp



August 11, 12, 13

6th-8th Grades

9-noon



Camp Director & Staff

The camp is directed by Marla Gleave, volleyball coach at College of the Redwoods. Camp staff will include current and former student-athletes as well as local coaches. The camp experience will be educational, fun-filled, and skill-based.

For many young volleyball players, Junior High is their first experience with a school based sport and perhaps their first experience with the sport of volleyball. It is the goal of the camp to instill a level of confidence in these young athletes by introducing them to basic fundamentals plus challenging their skills. This will enable them to approach their school experience with an increased knowledge of the sport of volleyball.



Camp T-shirt

Team competitions

Techniques of passing, setting, and serving

Arm-swing and attack footwork

Sprawling technique

Drills to incorporate movement



Return to:
 College of the Redwoods
 Volleyball Office
 7351 Tompkins Hill Road
 Eureka, CA 95501

Contact Marla Gleave at:
 Phone: 707-476-4241 or 707-476-4213

Website: www.redwoods.edu

Camp Costs: \$80.00

Make Check payable to: College of the Redwoods
 *NCAA regulations do not allow for camp discounts

Camp Application Form

Sign up for:
 _____ CR Volleyball Camp -\$80.00

 Camper Name

 Camper Social Security Number

 Address

 City State Zip

 Phone # Grade Fall 2008

Shirt Size: YM YL AS AM AL AXL AXXL

 Emergency Contact

 Emergency Day-Time Phone

Payment Method:
 ___ Check ___ Cash
 ___ Visa ___ MasterCard

 Credit Card # Expiration Date

 Signature