

# Join us this summer for Girls Volleyball Camp!

Your child will learn not only the fundamentals of the game but will also be given the opportunity to continue developing their skills as a volleyball player. Individual drills and team play will be taught in a positive, supportive atmosphere.

*Campers of all skill levels are encouraged to attend.*

## Hitting Clinic:

- Approach Footwork and speed
- Arm swing technique and quickness
- strategic shot selection
- Blocking

## Setting Clinic:

- Footwork
- Hand placement and release
- Intermediate and advance setting strategies
- Attacking

## Coaches:

The campers will be coached by current CR players as well as Sarah Levi - Beach Volleyball Assistant Coach/CR alumni, Kayla Costello - Setter (HSU), Pablo Lorenzi - Hitting Coach D.N.H.S. (retired), Deborah Lorenzi - Head Coach D.N.H.S. (retired) and Petra Lorenzi - Head Coach Indoor/Beach

## Please Bring:

- Athletic shoes
- Water bottle
- Lunch for those participating in both camps

For Grades  
9th-12th  
Current Seniors  
- Invited -



**CR COLLEGE OF THE REDWOODS**

College of The Redwoods  
7351 Tompkins Hill Rd Eureka, CA 95501  
Tel: (707) 476-4100 • Fax: (707) 476-4100 • [www.redwoods.edu](http://www.redwoods.edu)

**SATURDAY  
JUNE 23, 2018**

**Hitting Clinic - 10:00 am – 1:30 p.m.**

**Setting Clinic - 2:00 pm – 5:00 p.m.**

## CAMP APPLICATION FORM

Please fill out the form below or go online to [www.redwoods.edu/sports/camps](http://www.redwoods.edu/sports/camps) to register your child. Please note: Liability Release Form will need to be completed prior to the start of camp.

### CAMPER INFORMATION

CAMPER NAME

ADDRESS

CITY

STATE

ZIP

EMAIL ADDRESS

PHONE NUMBER

GRADE IN FALL

BIRTH DATE

SCHOOL ATTENDING

### SHIRT SIZE

Youth Large

Adult Small

Adult Medium

Adult Large

Adult X-Large

Adult XX-Large

### PAYMENT

**CAMP COST: \$40 for 1 clinic, \$60 for both.**  
**NO REFUNDS AFTER JULY 1<sup>ST</sup>.**  
 MAKE CHECKS PAYABLE TO: CR ATHLETICS

#### PAYMENT METHOD:

CHECK  CASH  VISA  MASTERCARD

CREDIT CARD #

EXPIRATION DATE

SIGNATURE

### LIABILITY RELEASE FORM

#### I understand and acknowledge that:

- These activities, by their nature, pose the potential risk of serious injury/illness to individuals who participate in such activities;
- Some of the injuries/illnesses which may result from participating in these activities include, but are not limited to, sprain/strains, fractured bones, unconsciousness, head and/or back injuries;
- Participation in these activities is completely voluntary and, as such, is not required by the district;
- In order to participate in these activities, I agree to assume liability and responsibility for any and all potential risks which may be associated with participation in such activities;
- I agree that the District, its employees, officers, agents, or volunteers shall not be liable for any injury or illness suffered by me, which is incidental to and/or associated with preparing for and/or participating in his activity.
- The undersigned agrees to defend, indemnify and hold harmless the Redwoods Community College District, its Board of Trustees, officers, agents and employees, individually and collectively, from and against all costs, losses, claims, demands, suits, actions, payments and judgments, including legal and attorney fees, arising from personal or bodily injuries, property damage or otherwise, however caused, brought or recovered against any of the above that may arise for any reason from or during or be alleged to be caused by the undersigned.

Parent/Legal Guardian's Signature

### EMERGENCY CONTACT INFORMATION

Parent/Legal Guardian's Printed Name

Address

Phone Number

Alternate Phone Number

Medical Insurance Co.

Policy Number

Subscriber

Alternate Contact Person

Alternate Contact Number

#### Questions?

Please contact College of the Redwoods Athletics Department at (707) 476- 4213 or Coach Petra Lorenzi at (707) 476-4241.

