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.

Volleyball Camp Features:

- Footwork
- Defense
- Hitting
- Serving
- Team communication

Coaches:
Campers will be coached by Head CR Volleyball Coach Petra Lorenzi and CR volleyball players. They will also have the privilege of guest coaches through camp.

Food:
30 min snack break for snacks and competitive games. Bring your own snacks.

Please Bring:
Your own water bottle, kneepads, shoes for indoor and grass, snacks.

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

CR COLLEGE OF THE REDWOODS

7351 Tompkins Hill Rd Eureka, CA 95501
Tel: (707) 476-4100 • Fax: (707) 476-4100
www.redwoods.edu/sports

For high schoolers

GIRLS SUMMER VOLLEYBALL CAMP 2021

Saturday

July 24, 2021

10am-4pm in the Main Gym
College of the Redwoods

FOR STUDENTS FROM INCOMING 10TH- 12TH GRADES

CAMP APPLICATION FORM

Please fill out the form below and return it to the College of the Redwoods Athletics department at or before the first day of camp. Admission into camp is contingent on this form being filled out in its entirety

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: $55. NO REFUNDS AFTER JULY 1ST.

Call (707) 476-4126 to get a 10% discount when you pre-pay by credit or debit! We also accept cash or check. Please make checks payable to **CR Athletics.**

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

REDWOODS

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