

Capital Volleyball Academy

2009 SUMMER CAMPS



What: Teaching the game of volleyball to young female athletes. Camps include basic volleyball skills, advanced skills and competition. Players grouped by skill level for instruction & play.

Who: Girls ages 8 - 12 (Grades 4 - 6) Grade School
 Girls ages 13 - 14 (Grades 7 - 8) Middle School
 Girls ages 15 - 18 (Grades 9 - 12) High School

ARRIVE 1/2 HOUR EARLY ON FIRST DAY OF CAMP !!!
ALL Camps are first come first serve for sign-ups!!!
Please don't assume there will be room to sign up on the first day of the camp!!!

Where: **Impact Sports Enhancement Academy (ISEA)**
 2300 US Highway 51-138 www.seastoughton.com
 Stoughton, WI 53589 608-205-1732

***** CUT ***** CUT ***** CUT ***** CUT ***** CUT *****
 MAIL THIS FORM WITH ENTRY FEE

Name: _____ **Phone:** _____
Address: _____ **Grade:** _____
City: _____ **St:** _____ **Zip:** _____ **School:** _____
EMail _____ **Club:** _____

Camp(s) Attending

Camp Code	T-Shirt Size	\$\$\$ Amount
_____	YL S M L	_____
_____	YL S M L	_____
_____	YL S M L	_____
_____	YL S M L	_____

Check _____ **visa mc disc amex** **\$\$\$ TOTAL Amount Enclosed:** _____
CC# _____ **Exp Date** _____ **V Code** _____
Name on Card _____ **Billing Zip code** _____

I hereby agree and promise that I will not hold Capital Volleyball Academy nor its employees or coaches responsible for any loss, damages or personal injuries received as a result of participation. I hereby authorize the coaches of the clinic to act for me according to their best judgment in any emergency requiring medical attention.

PARENT OR GUARDIAN SIGNATURE _____ **Date** _____

CAPITAL VOLLEYBALL ACADEMY SUMMER CAMP LINEUP

ATTACKING & BLOCKING MINI-CAMP JULY 27th – JULY 30th

CAMP	TIME	CAMP CODE	TOTAL HOURS
Mini-Camp #1	9:00am – 11:00am	MCATT1	8 hrs

The mini-camp structure is set up to give our campers a private lesson feel to their camp. Each mini camp is limited to a total of no more than 8-10 players. The mini-camps are two hours sessions that are filled with non-stop training and skill work. These mini-camps are for players who are looking to improve their attacking & blocking techniques. Get an enormous amount of reps and learn about the specific skills to become a stronger attacker and blocker. Left side, Right side and Middle attackers welcome. Each camper receives a camp t-shirt & camp evaluation.

\$85.00 if registered before/by June.19th

\$90.00 if not registered after June.19th or registering on site the day of the camp

DEFENSE & BALL CONTROL MINI-CAMP JULY 27th – JULY 30th

CAMP	TIME	CAMP CODE	TOTAL HOURS
Mini-Camp #2	11:30am-1:30pm	MCDBC2	8 hrs

The mini-camp structure is set up to give our campers a private lesson feel to their camp. Each mini camp is limited to a total of no more than 8-10 players. The mini-camps are two hours sessions that are filled with non-stop training and skill work. This mini-camp is for any player who is looking to improve their all around ball control and defensive techniques. Get an enormous amount of reps and learn about the specific skills to become a stronger defender, learn how to play defensive positions and improve your ball control skills to make you a more well rounded player.

\$85.00 if registered before/by June.19th

\$90.00 if not registered after June.19th or registering on site the day of the camp

PASSING & SERVING MINI-CAMP JULY 27th – JULY 30th

CAMP	TIME	CAMP CODE	TOTAL HOURS
Mini-Camp #3	2:00pm-4:00pm	MCPS3	8 hrs

The mini-camp structure is set up to give our campers a private lesson feel to their camp. Each mini camp is limited to a total of no more than 8-10 players. The mini-camps are two hours sessions that are filled with non-stop training and skill work. This mini-camp is for any player who is looking to improve their passing & serving techniques. Get an enormous amount of reps and learn about the specific skills to become a stronger passer and learn the float, jump float and jump serves.

\$85.00 if registered before/by June.19th

\$90.00 if not registered after June.19th or registering on site the day of the camp

YOUTH ALL-SKILLS MINI-CAMP JULY 27th – JULY 30th

CAMP	TIME	CAMP CODE	TOTAL HOURS
Mini-Camp #4	9:00am-11:30am	MCYAS4	7.5 hrs

The mini-camp structure is set up to give our campers a private lesson feel to their camp. Each mini camp is limited to a total of no more than 10-12 players. The mini-camps are two hours sessions that are filled with non-stop training and skill work. This mini-camp is for middle school aged players who are looking to improve their all around skild of volleyball. Get an enormous amount of reps and learn about the basic fundamentals of the sport. All beginning players looking to improve are welcome.

** 7th-8th graders only please.

\$75.00 if registered before/by June.19th

\$80.00 if not registered after June.19th or registering on site the day of the camp

CAPITAL ALL-SKILLS CAMPS**AUGUST 3RD – AUGUST 5TH**

CAMP	TIME	CAMP CODE	TOTAL HOURS
Camp #5 (6 th ,7 th ,8 th graders)	9:00am-11:30am	CVAMS5	7.5 hrs
Camp #6 (9 th ,10 th ,11 th ,12 th graders)	12:30pm-3:30pm	CVAHS6	9 hrs

It's about time for school tryouts! This camp gives you the opportunity to shake the rust off, get past the soreness, polish up your techniques, play against high level competition and get a skills evaluation right before tryouts. This is an all-skills camp that is open to anyone looking to play high school or club volleyball during the 2008-2009 season. All player evaluations done by Capital Volleyball Academy executive staff.

Camp #5**\$75.00 if registered before/by June.19th****\$80.00 if not registered after June.19th or registering on site the day of the camp****Camp #6****\$80.00 if registered before/by June.19th****\$85.00 if not registered after June.19th or registering on site the day of the camp****SETTER CAMPS with Cathy Noth****AUGUST 10TH – 12TH**

CAMP	TIME	CAMP CODE	TOTAL HOURS
Camp #7 (Beginner)	9:00am-12:00pm	CNS7	9 hrs
Camp #8 (Elite)	1:00pm-4:00pm	CNS8	9 hrs

Get trained by one of the top volleyball coaches in the country in Cathy Noth. Cathy is the setters coach for both Capital Volleyball Academy and Northern Lights Volleyball Club who both are turning out some of the top setters in the Midwest. These camps are for setters who are looking to advance their setting skills. Learn to be consistent in all aspects of the setting position. There will be challenging drills along with the all around play needed to be a great setter.

\$150.00 if registered before/by June 19th**\$160.00 if not registered after June 19th or registering on site the day of the clinic****** All players receive a camp T-Shirt with each camp****

**Please make checks payable to Capital Volleyball Academy.
Checks or Credit Card only please.**

**PLEASE send above FORM along with the
Participant Liability Form along with entry fee.**

Send forms & entry fee to:

**Capital Volleyball Academy
Attn: Capital Summer Camps
5214 North Autumn Lane
McFarland, WI 53558
608-838-8474**

**Cancellation Policy: All cancellations will be charged a
\$25 processing and handling fee.**

NO CANCELLATIONS or REFUNDS 14 days prior to the start of the camp.**www.cvamadison.com**

PARTICIPANT RELEASE OF LIABILITY

For

CAPITAL VOLLEYBALL ACADEMY and its employees & staff

(Read before signing)

Participant Name: _____

(Please print name)

In consideration of being allowed to participate in any way in the program, related events and activities, I the undersigned, acknowledge, appreciate and agree that:

1. The risk of injury from the activities involved in this program is significant, including the potential for permanent paralysis and death, and while particular rules, equipment and personal discipline may reduce this risk, the risk of serious injury does exist and,
2. I KNOWINGLY AND FREELY ASSUME ALL SUCH RISKS, both known and unknown, EVEN IF ARISING FROM THE NEGLIGENCE OF THE RELEASEES or others, and assume full responsibility for my participation; and,
3. I willingly agree to comply with the stated and customary terms and conditions for participation. If however I observe any unusual significant hazard during my presence or participation, I will remove myself from participation and bring such to the attention of the nearest staff immediately and,
4. I, for myself and on behalf of my heirs, assigns, personal representatives and next of kin, HEREBY RELEASE, INDEMNIFY, AND HOLD HARMLESS Capital Volleyball Academy and their officers, officials, agents and/or employees, other participants, sponsoring agencies, sponsors, advertisers, and if applicable, owners and lessors of premises used to conduct the event (RELEASEES), WITH RESPECT TO ANY AND ALL INJURY, DISABILITY, DEATH, or loss or damage to person or property, WHETHER ARISING FROM THE NEGLIGENCE OF THE RELEASEES OR OTHERWISE, to the fullest extent permitted by law.

I HAVE READ THIS RELEASE OF LIABILITY AND ASSUMPTION OF RISK AGREEMENT, FULLY UNDERSTAND ITS TERMS, UNDERSTAND THAT I HAVE GIVEN UP SUBSTANTIAL RIGHTS BY SIGNING IT, AND SIGN IT FREELY AND VOLUNTARILY WITHOUT ANY INDUCEMENT.

X _____

Participant's Signature

Age

Date

FOR PARENTS/GUARDIANS OF PARTICIPANT OF MINOR AGE

(UNDER AGE 18 AT TIME OF REGISTRATION)

This is to certify that I, as parent/guardian with legal responsibility for this participant, do consent and agree to his/her release as provided above of all the Releasees, and for myself, my heirs, assigns, and next of kin, I release and agree to indemnify and hold harmless the Releasees from any and all liability incidents to my minor child's involvement or participation in these programs as provided above, EVEN IF ARISING FROM THE NEGLIGENCE OF THE RELEASEES, to the fullest extent permitted by law.

X _____

Parent/Guardian Signature

Date

Emergency Phone Number (s)