Mail with non-refundable $50 deposit for each camp. Space is limited so reserve your spot early.

In the Zone Volleyball
6870 Chrisphalt Drive,
Bath, PA 18014

Name _____

Address_____

_____

Phone_____DOB_____

Email_____

Grade in Sep '19____School_____

Experience_____ yrs Level_____

Position_____Team_____

Camp(s) to attend_____

_____

*Buddy sign-ups*_____

Consent and Waiver:

I certify that my son/daughter

_____

Has had a physical examination by a licensed physician within the last year and is in sound physical condition for participation at the In the Zone Basketball Camp.

I authorize the staff of In the Zone Basketball Camp to act for me to their best judgment in situations requiring first aid or medical attention.

I understand participation in athletics has certain inherent risks and assume responsibility for those risks. I waive and release In the Zone and those directing the camp from any and all liability for any injury my child might incur while participating in the camp.

_____
Signature of Parent/Guardian Date

Summer Camp Player Discounts:

- Discounts can be applied to all summer camps: Volleyball *and* Basketball
- AAU Discount: Current Members of the In the Zone AAU Basketball program receive a 40% discount on ITZ run camps. (cannot combine with other discounts) Not Transferrable.
- Multi Camp discount: Sign up for a second camp and get 10% off the second camp. Take another 20% off for a third camp.
- Sibling Discount: Each sibling receives a $20 discount.
- Register with a buddy and both receive a $15 discount.**
- Register with 2 buddies and both receive a $20 discount.**
- Register with 3 or more buddies and each receives a $25 discount.**

** to receive the Buddy discount, each person must list their Buddies on the registration form.
Cannot combine multiple offers.

Our building is air conditioned.
Set at 79°F

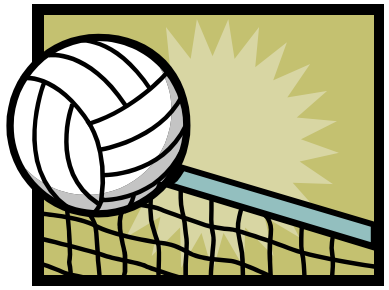
★★★★★★★★★★★★★★★★★★★★★

★★★★★★★★★★★★★★★★★★★★★

Volleyball Summer Camps at

In the Zone Athletics

Co-Ed, Grades 3-9



In the Zone
6870 Chrisphalt Drive
Bath, PA 18014
610-837-8605
www.inthezonesports.com

In the Zone is conducting its Volleyball Summer Camps.

The primary focus of these camps is to teach and practice the fundamental skills and basic tactical knowledge necessary to become a competitive club/varsity player.

These camps are appropriate for beginners as well as more advanced players. We'll focus on basic skills, fundamentals and the finer points of the game. And we'll get lots and lots of reps and practice. Anyone who wants to improve their game is welcome.

Camp Dates:

June 17-21, 9am-3pm

July 8-12, 9am-3pm

Aug 5-9, 9am-3pm

Costs: $160 ea

We will work on fundamentals like:

- ☐ Stance
- ☐ Footwork
- ☐ Passing
- ☐ Digging
- ☐ Setting
- ☐ Serving
- ☐ Spiking
- ☐ Blocking

Training will also include:

- ☐ Rules of the Game
- ☐ Positions
- ☐ Substituting
- ☐ Game and Match scoring
- ☐ Game strategies

Typical Daily Schedule:*

9:00-9:30	Warm-up drills
9:30-11:00	Stations/Fundamentals
11:00-11:30	Agility/footwork drills
11:30-12:00	Competitions / Games
12:00-12:30	Lunch
12:30-2:00	Fundamental Training
2:00-3:00	Game Strategies

**Subject to change, guideline only.*

Administrative notes:

- Lunch is from 12:00-12:30 daily. Campers may either pack lunch or buy at our snack bar (pizza, hotdogs, chips, drinks). Lunch is not included in cost of camp.
- Gym will open at 8:30. Campers should be picked up within 15 minutes of end of camp.
- Wear athletic attire: gym shorts, t-shirts, sneakers. Girls should NOT wear low cut tank tops or spaghetti string tops. No jewelry.
- Campers can bring their own balls but it is not necessary. Balls must not become a distraction.
- Short graduation ceremony during last 15 minutes of last day of camp.

Don't just practice until you get it right, practice until you can't get it wrong

Camps are Co-Ed. In the past most of the participants have been girls with only a couple boys attending.

Players will be divided into ability groups.

Camp Advisors*

Lina Perugini: Sr, Liberty High School, 2 time captain, 4 year varsity starter; 1st team all conference, 1st team all District, All-State. 1st player in Liberty history with 1000 kills and 1000 digs; verbally committed to Coastal Carolina.

Missy Lynn: Head Varsity Coach at Liberty High School; 2 time All-State at Liberty HS; Former Captain and 4 year starter at LaSalle University, 1000 kills, 1000 digs; 6 years coaching at LCCC, NCC

**Advisors provide input into the curriculum and may not necessarily be present at the camps.*

★★★★★★★★★★★★★★★★★★★★★