

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 '20 _____ 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:

- Fundamentals Program Discount: 2019-20 members of the In the Zone fundamentals program get \$50 off. (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 \$10 discount.**
- Register with 2 buddies and all 3 receive a \$15 discount.**
- Register with 3 or more buddies and each receives a \$25 discount.**
- Team discounts 4-5 players from same team/school and get \$35 off. 6 or More and each receives \$45 off.

** 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

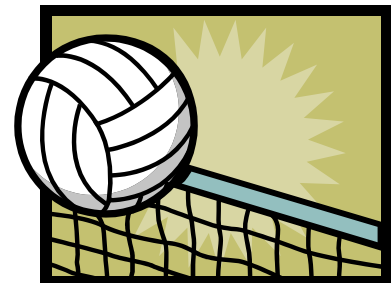


[Handwritten Signature]

**2020
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.biz

*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:

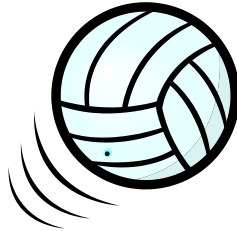
June 15-18, 9am-3pm

July 6-9, 9am-3pm

Aug 3-6, 9am-3pm

Costs: \$160 ea

Camps are Monday-Thursday



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: Scholarship player at Coastal Carolina, 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..

Grace Grandinetti: 2020 Graduate Freedom HS, 4 year starter, captain, All league and all area player.

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

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