

**POLK STATE COLLEGE
VOLLEYBALL
CAMPS**



GIRLS SKILLS CAMP

July 25-27, 2011

GIRLS POSITION CAMP

July 28-29, 2011

Polk State College Athletics
Volleyball Dept. Station 19
999 Ave. H NE
Winter Haven, FL 33881

FAMILY INSURANCE INFORMATION:
Please include a copy of your medical insurance card with your registration form and payment.

Name of policy holder: _____
Relation: _____
Name of insurance policy: _____
Policy #: _____

MEDICAL CONSENT/RELEASE

In signing this release, I attest and verify that my child has full knowledge of the risks involved with the sport of volleyball. My child is physically fit and does not have disease or injuries that would medically prohibit her from participating in camp. I do hereby release officers, instructors, and employees from any responsibility or liability for recurrence of any pre-existing or undisclosed injury or illness or any personal injury or property damage to my own child during the Polk State College Volleyball Camp because of camp participation. I also give permission for any emergency procedures that are deemed necessary for my child during camp.

Signature of Parent/Guardian: _____

Printed Name: _____

Date: _____

CAMP TUITION

- Skills Camp \$100
- Position Camp \$75

Mail completed application copy of your insurance card and camp fee to:

Polk State College Athletics
999 Ave. H NE
Winter Haven, FL 33881

CAMPER NAME: _____



Ruth Ann Rogers
Head Volleyball Coach

A native of Canada, Ruth Ann started playing volleyball in middle school and continued playing throughout high school. She received coaching experience with the Diamond Starter Association. A competitive figure skating career granted her many championships, and she coached the sport as well. The 2010 season was her first season coaching volleyball at Polk State College.



German Del Valle
Assistant Volleyball Coach

Since 2008, German has served as the founder and Director of Top Select Volleyball Academy. German and his assistant coaches have led many teams to the Junior Olympics by winning the USAV Florida Regional and National Bid Tournaments. This year 6 of 14 Top Select Teams will be participating at the 2011 USAV National Championships

German is currently working as the Assistant Volleyball Coach for the Polk State Community College in Winter Haven. He also works with Division I college coaches, serving on staff for team and individual camps. It gives him the opportunity to work with some of the top coaches in the country, in an effort to stay current with new training techniques and strategies.

FACILITIES

All camps will be held at the Polk State College Health Center. The air-conditioned facility holds two volleyball courts. The Health Center is home to the Polk State College volleyball and men's basketball teams and the FCAA State Volleyball Tournament.

CAMP HIGHLIGHTS

- High-level coaching by high-level successful college and club volleyball coaches, along with current Polk State volleyball players.

- T-shirts

- Improved volleyball game

GIRLS ALL-SKILLS CAMP: JULY 25-27 9:00 a.m.-3:00 p.m. Open TO ALL GRADES 8-12

- **\$100 Day Camper**

For all levels and positions; this is a general skills camp. Players are on teams according to age and ability. Mornings and afternoons concentrate on individual skills and training; afternoons are for competition. This camp will focus on teaching the fundamental skills such as passing, serving, and attacking, along with a strong emphasis on footwork and ball control. Working within the group framework, our expert instructors train campers to be better volleyball players and competitors.

Lunch will be provided.

GIRLS POSITION CAMP: JULY 28-29 Setters/Liberos 9am-12pm and Hitters 1-4pm Open TO ALL GRADES 8-12

- **\$75 day Camper**

For all levels of experience in a specialty position. Players will be placed on courts according to their age and ability. Instructions include basic to advanced skills, footwork, and game-like drills. The camp combines all major positions and provides position-specific training. It will provide the camper with learning opportunities beyond what a skills camp offers.



REGISTRATION FORM and MEDICAL WAIVER

Please circle the camps you would like to attend:

*Skills *Position *Team

CAMPER INFORMATION

Name: _____

Address: _____

City: _____ State: _____ Zip: _____

High School: _____

T-shirt size (adult): _____ Rising Grade: _____

Experience level:

Beginner Intermediate Advanced

Position:

Middle hitter/ blocker Setter Outside

Libero/D.S.

EMERGENCY CONTACT INFORMATION

Name: _____

Relation: _____

Phone (home): _____

Phone (cell): _____

WHAT TO BRING

- Volleyball attire—i.e. practice clothes, volleyball shoes, and kneepads

- Water bottle

- **A positive attitude!!**

For questions about the camp, please contact assistant coach German De Valle at: german10volleyball@yahoo.com or call 407-242-3498.