

Lady Raiders 2014, 2015, 2016, 2017, 2018 District Champions
Volleyball Camp at Blue Ridge HS
August 5-8, 2019
9am-4pm

Open to any girl in 9-12th grade next school year

9-12- Warm-ups/Stretches-Skill Training

12-1:30- Lunch Break-Pack lunch or bring permission slip to leave campus

1:30-4- Skill Training/Strategy/Court Awareness/Cool Down

T-Shirt Included

\$45.00 a player

Checks made payable to Lori Zick

Turn in form and money to: Blue Ridge High School Office

Attention: Lori Zick

5150 School Road

New Milford, PA 18834

Run by Blue Ridge Head Coach Lori Zick

18 years experience coaching volleyball

6 WV State Tournament Appearances 5 PA State Tournament

Appearances

Intense volleyball skill training and conditioning will be involved. We will focus on mastering the basics of the game as well as working on court positions and offense and defense strategies. Camp will help you prepare for the upcoming season!!

****In order to be guaranteed a t-shirt you must be registered and paid by July 30, 2019****

**Blue Ridge Lady Raiders Volleyball
2014 2015 2016 2017 2018 District Champions
2016 Lackawanna League Champions**

Return this form with your payment by July 30. Thank you!!

NAME _____

AGE _____

GRADE 2019-2020 _____

ALLERGIES/MEDICATIONS _____

T-SHIRT SIZE _____ ADULT S, M L, XL

EMERGENCY CONTACT NAME AND NUMBER

EMAIL OR PHONE NUMBER FOR FUTURE COMMUNICATION

OTHER INFORMATION WE MAY NEED TO BE AWARE OF

