

CCHS Volleyball Camp

Clarke County High School

627 Mosby Blvd. Berryville, VA 22611



Camp Coaches:

Seneca Sowers

Head Varsity Coach at CCHS

sowerss@clarke.k12.va.us

•• Please contact Coach Sowers directly with questions ••

Barbara McCauley (4th year coach)

Alicia Panzerella (JV Coach)

Former & Current Players

JULY 24 – JULY 28, 2017

9 AM – 12:30 PM

Rising 6th – 9th Graders (male & female)

Registration Fee - \$75

LIMITING TO FIRST 50 CAMPERS

****Last day for registration is July 12****

Forms may be dropped off at CCHS

ATTN: Seneca Sowers

Campers will learn basic & advanced skills throughout the week including:

- Speed & Agility Training
With athlete performance trainer
Nate Sowers (M-W-F)
- Forearm Passing
- Setting/Overhand Passes
- Roll Hits/Serving
- Attacking Approach/Attacking
- Rotations and Court Movement
- Scrimmage Play
- Daily Guest Speakers

Snacks will be provided during
this time (12:00 – 12:30)

**Conditioning and proper warm up
techniques will be a focus each day!**

•• In collaboration with Clarke County Public Schools ••



All campers are expected to wear proper workout attire and tennis shoes. Knee pads are highly recommended. Please bring a water bottle to camp each day to stay hydrated. Campers will have access to water fountains and receive water breaks. You may bring a snack to eat during break times.

2017 CAMP REGISTRATION

Please make checks payable to Clarke County High School

Name: _____

Emergency Contact: _____

Age: _____ Grade Level: _____

Emergency Phone: _____

Years of Volleyball Experience: _____

T-Shirt Size: _____ **Specify Youth/Adult

Parent/Guardian: _____

Address: _____

Phone Number: (_____) _____ - _____

By signing below, I release Clarke County Public Schools and all parties involved from all claims of injury while participating in this camp.

Parent Signature: _____

Date: _____