

The Council Rock Athletic Camps are not affiliated, sponsored, or supported by the Council Rock School District. I authorize the Council Rock Athletic Camp Staff to act for me in case of an emergency. I/We, the parent(s) or guardian(s) of the named child, hereby give my/our approval to participate in any and all camp activities. I/We assume all risk and hazards incidental to such participation and I/We do hereby waive, re-lease, absolve, indemnify, and agree to hold harmless the Council Rock Athletic Camps and staff for any claim arising out of an injury to my/our child, whether the result of negligence or any other cause.

(Parent Signature)

(Date)

Council Rock Athletic Camps Features Rock North Girl's



Volleyball Day Camp

When: July 31st-Aug. 2nd
For Girl's entering grades 8-12

Time: 8:30am-2:30 pm

Where: Council Rock North
High School
62 Swamp Rd.
Newtown, PA 18940

Rock North Volleyball Camp Registration Form

Camper's

Name: _____

Parents' name

(s): _____

Birthdate: _____

Age: _____

Grade in Fall 2012: _____

Home

Phone: _____

Work or

Cell: _____

Email

Address: _____

Street

Address: _____

City, state, and zip:

School in Fall 2012:

Insurance Co. _____ Policy

No. _____

Emergency Contact Name & Phone:

Family Physician Name & Phone:

Please circle camp T-shirt size:

Women's

S M L XL

Camp Director

Kinsey Lynch

- Head coach at CR North HS for the past eight years. Coached club volleyball since 2005 for various local organizations around Bucks County. Coached for Infinity Volleyball Academy since 2008 in the capacity of an assistant and head coach for 15's and 16's.
- 2006 Bucks County Courier Times Coach of the Year
- Has led North to 4 conference titles, a birth in the 2009 state tournament, and was awarded the 2009 District 1 Runner-Up title.
- 18 years of playing experience and earned numerous high school accolades including NY All-State Team selection. Played Division II volleyball at Dowling College, 2000-2004. Continues to compete competitively at the women's open level both indoors and outdoors.
- Member of USA Volleyball and Pennsylvania Coaches Association.

Assistant Coaches

Susan Kim

- Co-Founder and Co-Director of Infinity Volleyball Academy since 2008. Head Coach at Archbishop Wood HS, 2006-2011. District 12 Champions in 2008 and 2010. PCL Champions in 2008 and 2010. CR North HS Men's Volleyball coach 2010-present.
- Bucks County Courier Times Coach of the Year in 2007 and 2008.
- Played club volleyball at Bloomsburg University, 2000-2004. Continues to play in women's indoor and outdoor tournaments.

Jeff Rotondo

- Co-Director for Infinity Volleyball Academy since 2010. Current Asst. Coach for Holy Family University Women's Volleyball Team.
- Head coach for IVA since 2008. Lansdale Catholic head coach from 2008-2010. LC earned 2nd place finish in PCL in 2009 and 2010. Coached for USA Volleyball High Performance Camps in 2010 and 2011. Head coach for Bensalem High School Boys from 1996-2000.
- Bucks County Courier Times Coach of the Year in 1998 and 2000.
- Coaching certifications from USA Volleyball, CAP Level III, and Gold Medal Squared.

Dennis Hibbs

- Attended East Stroudsburg University and played on the Men's team at the Division I/II level. Graduate of Pennsbury HS; earned All State Fab 40, First team All District, and First Team All League honors.
- CR North's JV Head Coach. Coaches for Infinity Volleyball Academy, and is a volunteer coach at HFV and Pennsbury High School boys program.

Camp Philosophy

Our camp is designed for volleyball players who are looking to improve upon their fundamental volleyball skills. Emphasis will be placed on various skill training in serving, setting, passing, hitting, and blocking techniques, defensive and offensive strategies, court awareness, as well as sport specific training and conditioning. Our coaches offer quality training and instruction due to limited number of players accepted into the camp for smaller coach to player ratio. This camp is also intended to promote teamwork, communication, sportsmanship, confidence, and discipline.

Sample Daily Schedule (subject to change)

8:35-9-Basic skills practice and warm up/
stretching
9-9:05-Passing and Defense Demo
9:05-9:35-Passing and Defensive station drills
9:40-9:45-Serve Receive and Serving Demo
9:50-10:30-Serve Receive and Serving
Agility Drills and practice
10:35-10:40-Offense Demo
10:45-11:30-Hitting Stations and Drill
Practice
11:30-12-30 min. lunch break.
*(Players must bring their own lunch. The
concession stand will be available for healthy
snacks and drinks)*
12:05-12:35-Progressive Competition Games
(3 vs. 3, Queen of the Court, Half Court 4
vs. 4 etc...)
12:35-12:55-Team Drills and Practice
1-1:50-Team Scrimmage and Competition
1:55-2:30-Cool down and stretch/
Announcements

Camp Information

Cost: \$ 175 per player if registered
by June 1st

Cost Includes:

Camp T-shirt
Awards and Prizes
Guest Speakers

Late Fees: \$200 registration after
June 1st

Please complete registration form
and waiver (on back) along with a
check made payable to "Rock
North Volleyball" and mail to:

Kinsey Lynch
Council Rock High School North
c/o Girl's Volleyball Camp
62 Swamp Rd.
Newtown, PA 18940

***Early registration is
encouraged - space is limited.
Registration deadline is June
1st***

For more information email or
call: Kinsey Lynch
KFinn2020@yahoo.com
(215)756-6566