



2009 Summer Volleyball Camps



515 Old Westminster Pike
Westminster, MD 21157
410-857-5098

Instruction: Michele Crouse-former Westminster High School Girls Varsity Volleyball coach. Has over 22 years of coaching and playing experience. Amy Meyer-former Westminster High School Girls Junior Varsity Volleyball coach. Has over 16 years of coaching and playing experience.

What is needed: Players should bring flat soled tennis shoes and knee pads. CISC will have knee pads available for \$15.

High School Volleyball Conditioning Camp

Dates: August 3rd-August 7th

Cost: \$80

Grades: Any High School Student or College Freshman

Time: 9:30 AM-12:00 PM

Format: Players will work on getting their "touch" and conditioning back just before the outdoor tryouts begin. Workouts will be designed as high school and college style workouts with the pure agenda of getting players in the proper conditioning and in volleyball shape for tryouts.

3rd-8th Grade Volleyball Clinic

Dates: August 3rd-August 7th

Cost: \$80

Grades: Students in grades 3rd-8th

Time: 1:00 PM-3:00 PM

Format: The clinic will work on fundamentals, rules and skills of volleyball. Various ability levels are encouraged to participate.

Circle One: High School Conditioning

3rd-8th Grade Clinic

Please send completed form
and payment to:

CISC
515 Old Westminster Pike
Westminster, MD 21157

Name _____ Age _____ Grade _____ School _____

Address _____ Sex _____

City _____ State _____ Zip _____

Phone (H) _____ Phone (W) _____ E-Mail Address _____

Mother's Name _____ Father's Name _____

Form of Payment: Check _____ MC/Visa _____ Discover _____

Credit Card Number _____ Exp. _____ V Code _____

2009

