



# 2010 Summer Volleyball Camps



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

**Instruction:** Michele Crouse-current Winters Mill High School Girls Varsity Volleyball coach. Has over 23 years of coaching and playing experience. Amy Meyer-former Westminster High School Girls Junior Varsity Volleyball coach. Has over 17 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 \$20.

## High School Volleyball Conditioning Camp

**Dates:** August 9th—August 13th

**Cost:** \$80

**Grades:** Any High School Student

**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 9th—August 13th

**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 \_\_\_\_\_

2010

