

# ABD ATHLETICS

PRESENTS:

## FOX VALLEY LUTHERAN VOLLEYBALL CAMP

JULY 11<sup>TH</sup> - 13<sup>TH</sup> FOR 9<sup>TH</sup>-12<sup>TH</sup> GRADERS @ FVL HIGH SCHOOL

PLEASE FILL OUT ONE REGISTRATION FORM FOR EACH PARTICIPANT

9<sup>TH</sup> - 12<sup>TH</sup> GRADERS - SKILLS, SYSTEMS, SCRIMMAGE, AND SPECIALTY  
5:00PM-8:00PM TUESDAY-THURSDAY  
\$100.00

THIS CAMP FOCUSES ON ALL ASPECTS OF THE GAME. WE WILL TEACH THE FUNDAMENTALS BY BREAKING DOWN THE MECHANICS AND THEN REINFORCE UTILIZING FAST PACED DRILLS TO MAXIMIZE THE AMOUNT OF TOUCHES EACH CAMPER GETS. CAMPERS WILL LEARN BASIC OFFENSIVE AND DEFENSIVE SYSTEMS AND APPLY THEM IN MULTIPLE/VARIED SCRIMMAGE DRILLS.

### CAMP DIRECTOR:

**JON ELLMANN** - WISCONSIN VOLLEYBALL ACADEMY DIRECTOR/HEAD COACH, UWO ASSISTANT COACH, USA CAP I CERTIFIED, WISCONSIN VOLLEYBALL COACHES ASSOCIATION PAST PRESIDENT, AND LEAD CAMP INSTRUCTOR THROUGHOUT THE MIDWEST.

TO REGISTER PLEASE FILL OUT THIS FORM AND SUBMIT WITH PAYMENT TO:  
ABD ATHLETICS - 4966 LANSING HIGH POINT - OSHKOSH, WI 54904

\_\_\_\_\_ HAS MY PERMISSION TO PARTICIPATE IN THE FOX VALLEY LUTHERAN VOLLEYBALL CAMP HOSTED BY ABD ATHLETICS LLC. I TAKE FULL RESPONSIBILITY FOR THE ABOVE-MENTIONED PERSON'S HEALTH AND WELL BEING. FOX VALLEY LUTHERAN, ABD ATHLETICS LLC, AND ALL INSTRUCTORS **WILL NOT** BE HELD RESPONSIBLE FOR ANY ACCIDENTS, INJURIES, OR ANY LOSS OF PERSONAL PROPERTY THAT MAY OCCUR WHILE ATTENDING THIS CAMP.

\_\_\_\_\_  
(PARENT/GUARDIAN SIGNATURE)      \_\_\_\_/\_\_\_\_/\_\_\_\_  
(DATE)      (\_\_\_\_)\_\_\_\_\_  
(PHONE #)      6 7 8 9 10 11 12  
(CIRCLE GRADE - FALL 2017)

ADDRESS \_\_\_\_\_ CITY \_\_\_\_\_ ZIP \_\_\_\_\_

EMAIL \_\_\_\_\_

EMERGENCY CONTACT NAME \_\_\_\_\_ EMERGENCY PHONE # \_\_\_\_\_

ALLERGIES/MEDICAL CONDITIONS \_\_\_\_\_ T-SHIRT SIZE-XS S M L XL XXL  
(CIRCLE ONE)

PLEASE SIGN AND DATE IF YOU DON'T WANT PICTURES OR VIDEO TAKEN OF YOUR CHILD \_\_\_\_\_