

CAMP



SUMMER

Richmond Volleyball Club
VOLLEYBALL

SKILLS WEEK

JULY 8-11, 2019

GIRLS 13 AND UP

RVC BYRDHILL (HENRICO)

Serving/Passing: 10am-12pm

Setting: 1-3pm

Hitting: 1-3pm





VOLLEYBALL SKILLS WEEK

Position specific training giving in-depth attention to the improvement of a certain skill

DETAILS

- Setting camp emphasizes movement and hand position
- Hitting camp focuses on technique, footwork, and timing
- Serving/passing camp focuses on footwork, generating power and consistency
- Certified athletic trainer in attendance

REGISTER

Registration not accepted without payment. Cancellations after 6/1 are not eligible for refunds.

Make payments to:
Richmond Volleyball Club

Sign up and pay online at www.rvc.net or mail registration and payment to:
Richmond Volleyball Club
Attn: Summer Camps
2921 Byrdhill Rd
Henrico, VA 23228

Or email PDF to rvc@rvc.net

All camps are 4 day sessions running Monday - Thursday, July 8-11, 2019
Gym opens at 9:30am.

Serving/Passing: 10am-12pm A player may sign up for both the morning (serving/passing) session AND an afternoon session (either setting or hitting). There is an hour break for lunch between sessions. A player CAN NOT sign up for both setting and hitting as both camps run at the same time.

Setting: 1-3pm

Hitting: 1-3pm

Child's Name: _____ Gender: F M Age: _____ DOB: _____

T-shirt Size: Youth S M L XL Adult S M L XL

Parent/Guardian Name: _____

Cell Home Work Primary Phone: _____

Cell Home Work Secondary Phone: _____

Address: _____ City: _____ Zip: _____

Email: _____

Emergency Contact (if unable to contact Parent/Guardian): _____

Cell Home Work Primary Phone: _____

Cost:

\$150 Non-member (1 session) \$300 Non-member (2 sessions) **Payment:** Check

\$135 RVC Member (1 session) \$270 RVC member (2 sessions) Credit Card

Card #: _____ Exp Date: _____ Zip Code: _____

INTERNAL OFFICE ONLY

RECEIVED BY: _____ RECEIVED DATE: _____

AMOUNT RECEIVED: _____ PAYMENT METHOD: CASH CHECK CARD