

# **STMC Knight's VOLLEYBALL** **SPRING BREAK CAMP 2019**

This 3-day camp is open to all players who are currently in grades 7 – 9  
(28 camper **MAXIMUM** – spots fill up fast!!!)

**FOCUS:**      *Improving basic fundamental skills of the game:*

The Forearm Pass	Blocking
Setting Fundamentals	The Attack
Overhand Serving	Movement

*Learning and understanding basic team fundamentals and game strategy*

Offensive and defensive strategies  
Game Systems

**WHEN:**      March 26, 27 and 28  
9:00am – 12:00pm

**WHERE:**      St. Thomas More Collegiate School Gymnasium

**COST:**      **\$105**  
(Includes camp t-shirt)



**STMC VARSITY VOLLEYBALL COACHING STAFF:**

Mrs D. Paloposki & Miss C. Lauang

**WHAT TO BRING FOR CAMP:**

*Water bottle, knee pads (optional), snack, running shoes or court shoes*  
(no outside shoes please)

**REGISTRATION DEADLINE: March 15th, 2019**

Any questions should be directed to [danielle.paloposki@stmc.bc.ca](mailto:danielle.paloposki@stmc.bc.ca)

**STMC Knight's VOLLEYBALL**  
**SPRING BREAK CAMP 2019**

**REGISTRATION FORM**

*(Please fill out completely)*

**Camper Information:**

Name of Camper (first & last): \_\_\_\_\_ Current Grade: \_\_\_\_\_

Sex: **M** **F** Current School: \_\_\_\_\_

T – shirt Size:                      **XS**                      **S**                      **M**                      **L**                      **XL**  
(adult sizes)

**Camper Medical Information:**

Allergies: \_\_\_\_\_ Asthma:            **Y**            **N**

Other: \_\_\_\_\_

Please notify the coaches prior to the beginning of the camp of any medical conditions. All campers are asked to provide the coaches with any necessary medications.

**Parent/Guardian Contact Information:**

**(Please include contact information that we can contact if an emergency presents itself DURING the camp)**

Name of Parent/Guardian: \_\_\_\_\_

Address:                      Street Number and Name: \_\_\_\_\_  
City: \_\_\_\_\_                      Postal Code: \_\_\_\_\_

Work Phone: \_\_\_\_\_

Cell Phone: \_\_\_\_\_                      Email: \_\_\_\_\_

**PRIVACY CLAUSE**

I, \_\_\_\_\_ (Parent/Guardian's Signature) understand that this information will only be used to provide for my child's safety and enjoyment at the camp.

**Payment can be made by cash or cheque. Please make cheques payable to St. Thomas More Collegiate (Memo: Volleyball Camp).** You can drop your registration off at the front office or mail them to the following address:

**STMC Spring Break Volleyball Camp**  
**7450 12<sup>th</sup> Avenue**  
**Burnaby, BC    V3N 2K1**

**Registration Deadline: March 15th, 2019**