



2010 Ames High Booster Club Volleyball Camps

Coach Bixby and his staff begin their coaching venture at Ames High School in 2010. They are committed to providing beginner and advanced skill training for any player looking to improve their volleyball skills.

****MINI CYCLONES CAMP – August 4th thru August 6th

This camp is designed for the beginner to intermediate volleyball athlete. Camp attendees will be from 3rd to 7th grade. Sessions will start at 5:30 pm and end at 8 pm. Each camp attendee will get 7+ hours of fundamental training and a camp T-shirt. The cost for the camp is \$50.

****LITTLE CYCLONES (HIGH SCHOOL) CAMP – August 5th thru August 7th

This camp is designed for the high school volleyball player. The skills being drilled are for advanced training. Please note that if your daughter is in 8th grade and will be in high school in the fall of 2010, she is welcome to attend this camp. Sessions will start at 8:00 am and end at 11:30 am. Each player will receive 10+ hours of training as well as a camp T-shirt. The cost for the camp is \$65.

IF YOU HAVE ANY QUESTIONS ABOUT EITHER OF THESE CAMPS, PLEASE FEEL FREE TO EMAIL COACH BIXBY AT bixbyb@wdmcs.org OR CALL 515-418-3227.

PLEASE FILL OUT FORM BELOW AND BRING TO REGISTRATION ON THE 4TH / 5TH

Name _____ AGE _____ T-Shirt Size _____

Phone # _____ School/Grade Attending in Fall 10 _____

Emergency Contact _____ Emergency Contact # _____

Address _____ City _____ Zip _____

I hereby acknowledge that participation in this sport camp and related activities is at the sole discretion and judgement of the parent/guardian and involves an inherent risk of physical injury. I, on behalf of my daughter, _____ hereby assume all such risk. I hereby release and agree to hold harmless Ames High School Volleyball and its staff.

Signature _____ Insurance CO _____ Policy Number _____