



## 2011 Ames High Booster Club Volleyball Camps

Coach Bixby and the Ames High Volleyball staff welcome you to attend this years volleyball camp at Ames High School in 2011. They are committed to providing beginner and advanced skill training for any player looking to improve their volleyball skills.

### **\*\*\*MINI CYCLONES CAMP – August 3<sup>rd</sup> thru August 5<sup>th</sup>**

This camp is designed for the beginner to intermediate volleyball athlete. Camp attendees should be going into 3<sup>rd</sup> through 7<sup>th</sup> grade in the fall of 2011. 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 4<sup>th</sup> thru August 6<sup>th</sup>**

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 8<sup>th</sup> grade and will be in high school in the fall of 2011, she is should 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 \$50.

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

**PLEASE FILL OUT FORM BELOW AND BRING TO REGISTRATION ON THE 3<sup>rd</sup> / 4<sup>th</sup>**

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Name \_\_\_\_\_ AGE \_\_\_\_\_ T-Shirt Size \_\_\_\_\_

Phone # \_\_\_\_\_ School/Grade Attending in Fall 11 \_\_\_\_\_

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 \_\_\_\_\_