

Spring-Ford Rams Volleyball Camp – Summer 2016 (PLEASE PRINT)

Name _____
Grade entering in Sept. 2018: 6th 7th 8th 9th 10th 11th 12th School _____
Address _____ City/State _____ Zip _____
Phone (H) _____ Parent (cell) _____
Emergency Contact Name & Phone _____ Relationship _____
Session: 7/30 to 8/2
T-shirt Size: (Please circle one) S M L XL Email: _____
I give my consent and approval to the Spring-Ford Volleyball Summer Day Camp, its officers, staff or employees to act on my behalf in securing medical attention for the above applicant from a licensed physician or hospital.
Signature of Parent or Guardian _____ Date _____
Insurance Company _____ Policy Number _____
(all insurance information must be filled in before registration can be processed.)

Volleyball Camp Schedule

- 9:00 check in
- 9:15 warm-up/stretching
- 9:30 skills (passing, setting, serving, hitting, & blocking)
- 10:15 conditioning
- 10:30 group court play (team building)
- 11:00 conditioning
- 11:30 lunch
- 12:15 guest speaker
- 12:45 stretch
- 1:00 conditioning
- 1:15 team game play

This Session will cover serving, passing, hitting, setting and blocking. We will have conditioning workouts throughout the day and discuss defense and volleyball strategy.

We are opening our camp to all students entering 6th grade to 9th grade.

If you have any questions, you can contact Coach Lemuell via e-mail: nlemu@spring-ford.net

Spring-Ford Rams
Volleyball Camp
Summer 2018



“Get Ready to Touch the Ball 1000 times a Day”

Conditioning and Instruction
(Only One Session this Year)

July 30 to August 2 (M-Th)
9:00 AM to 2:00 PM

SFHS 9th Grade Center Gym
400 S. Lewis Road
Royersford, PA 19468

CAMP INFORMATION

Dates and Times:

Monday through Thursday 7/30 to 8/2

9:00am to 2:00pm

Location:

Spring-Ford High School 9th Gr. Gym
Building #2
400 S. Lewis Road
Royersford, PA 19468

Camp Fee: \$125 per camper (SF district residents)

\$115 per additional (SF district residents)

\$135 per camper (Non-SF district residents)

\$125 per additional (Non-SF district residents)

Registration: To register fill out the attached registration form and mail, along with payment to:

Spring-Ford Girls Volleyball Camp
c/o Nick Lemuell
Spring-Ford High School – Athletic Office
350 S. Lewis Road
Royersford, PA 19468

To ensure your place in the camp, we recommend that you register as soon as possible. Make checks payable to “Spring-Ford HS Volleyball Team”.

Registration Deadline: July 1st, 2018

If you have any questions, you can contact Coach Lemuell via e-mail at nlemu@spring-ford.net



Spring-Ford High School Coach **Coach Josh McNulty**

- SFHS Volleyball Coach
- Club Integrity Coach

Assistant Director - Coach Mindy Bower, **11th year as SF 7th Grade Coach**

- Former Middle School 7th Grade Coach

Assistant Director - Coach Nick Lemuell **13th year as SF Volleyball Coach**

- High School JV Coach
- Middle School 8th Grade Coach
- Coach at VB Clinics

~Additional staff includes
current and former
Spring-Ford Volleyball Players~

SUMMER CAMP FEATURES

- Emphasis on basic volleyball skills
- Groups according to ability level
- Individual and team skills
- Informative mini-lectures
- Drills, games & contests
- Guest speakers
- Conditioning and fitness
- Proper technique
- Advanced volleyball skills

