

# 2009 Lexington High School Volleyball Training Camp

## Session One Individual Camp

Dates: July 15 – 17  
(21 hours)  
Cost: \$125.00  
(past deadline- \$135.00)

**Schedule will be as following:**

**July 15 (Wednesday)**

Check in 8:00 – 9:00

Morning session 1 (9:00 – 12:00)

Afternoon session 2 (1:30 – 5:30)

**July 16 (Thursday)**

Morning session 3 (9:00 – 12:00)

Afternoon session 4 (1:30 – 5:30)

**July 17 (Friday)**

Morning session 5 (9:00 – 12:00)

Afternoon session 6 (1:30 – 5:30)

## Session Two Position Camp

Dates: July 20-22  
(21 hours)  
Cost: \$125.00  
(past dead line \$135.00)

**Schedule will be as following:**

**July 20 (Monday)**

Check in 8:00 – 9:00

Morning session 1 (9:00 – 12:00)

Afternoon session 2 (1:30 – 5:30)

**July 21 (Tuesday)**

Morning session 3 (9:00 – 12:00)

Afternoon session 4 (1:30 – 5:30)

**July 22 (Wednesday)**

Morning session 5 (9:00 – 12:00)

Afternoon session 6 (1:30 – 5:30)

## Session Three Team Concept Camp

Dates: July 23 – 25  
(21 hours)  
Cost: \$125.00  
(past deadline- \$135.00)

**Schedule will be as following:**

**July 23 (Thursday)**

Check in 8:00 – 9:00

Morning session 1 (9:00 – 12:00)

Afternoon session 2 (1:30 – 5:30)

**July 24 (Friday)**

Morning session 3 (9:00 – 12:00)

Afternoon session 4 (1:30 – 5:30)

**July 25 (Saturday)**

Morning session 5 (9:00 – 12:00)

Afternoon session 6 (1:30 – 5:30)

**IN CONJUNCTION WITH LEXINGTON JUNIORS VOLLEYBALL CLUB**

**ALL SESSIONS WILL BE CONDUCTED BY COACH CHEE LEE**

**\*\*Note - Individuals enrolling in Session 3 will be placed on a team.**

**Team Concept Camp** sessions provide members of Varsity and Junior Varsity to train together, while learning and refining their volleyball skills through team concept.

Offensive and Defensive team strategies will be emphasized.

**Individual Skills Camp** emphasis will be placed upon developing ball control through extensive technical repetition. Progression through a variety of technical drills, games and competition will be used to put these techniques into practice.

**Position Camp** is designed for players to refine their skill work in their particular skill position of choice.

**\*\*All sessions will close enrollment at 40 participants.**

Please complete below registration form, sign insurance waiver and return to:

Coach Lee - 2009 Lexington Volleyball Camp – **2463 Augusta Hwy. Lexington, SC 29072**

For more information contact Coach Lee: 803-467-0210 or E-mail – Clealexingtonsc@gmail.com

PLEASE MAKE CHECKS PAYABLE TO – LHS

**Registration deadline is July 1<sup>st</sup>.** E-mail from Coach Lee will serve as confirmation.

Name: \_\_\_\_\_ School: \_\_\_\_\_ Grade: \_\_\_\_\_

Home Address: \_\_\_\_\_

Phone: \_\_\_\_\_ E-mail: \_\_\_\_\_

Parents Name: \_\_\_\_\_ Contact: \_\_\_\_\_

**Circle selection(s):**

<b>SESSION ONE</b>	<b>SESSION TWO</b>	<b>SESSION THREE</b>	<b>3 SESSIONS (for \$325.00)</b>
<b>T-Shirt Size -</b>			
	<b>S</b>	<b>M</b>	<b>L</b>
			<b>XL</b>

Insurance Waiver

I certify that my child is medically cleared to attend camp and give permission for medical treatment for illness / injury during camp. I will be responsible for any and all cost of all medical attention and treatment. I/We, the undersigned for ourselves, our heirs, executors and administrators, waive, release, and for ever discharge Lexington High School Volleyball Camp, and its staff, officers, agents, employees, representatives, successors and assign of and all rights and claims for damages, injuries, or loss to person or property which may be sustained or occur during participation in camp activities, or while at camp, weather or not damages, injury or loss due to negligence.

Signature of Parent or guardian: \_\_\_\_\_ Date: \_\_\_\_\_