



## Summer Conditioning and Volleyball Camp 2022

**Who is this camp for?** This camp is geared toward serious athletes ages 11-18.

**Who runs this training?** This camp is run by Hannah Griffin, coach and club director for Hurricane Volleyball Club, along with other available Hurricane Volleyball Club coaches

**What is the focus of this camp?** This camp is an opportunity to grow and improve your volleyball skills, work with a variety of athletes at different development levels, and be active over the summer. This camp is for athletes who are *serious* about improving in volleyball. This camp will get you in better shape to prepare for fall tryouts and keep in good condition over the summer (running/working out are included and expected).

**Where is this camp located?** 5834 Bur-Mill Club Rd, Greensboro, NC 27410 (when you pull into the park, you will see the grass court on the left before the golf area; this is where drop off and pick up occur)

**When is this occurring?** This camp will be held Monday-Thursdays 8am-Noon the following weeks: June 13-16, June 27-30, July 18-21, August 1-4, August 8-11

**How will athletes be engaged?** You will improve through conditioning, skill drills, plyometric (jump) training, scrimmaging, and playing skill games.

This camp will occur outside and athletes will get a camp shirt! Water and volleyballs will be provided. Athletes are encouraged to bring the following:

- Sunscreen and Bug Spray
- Additional Water and/or Gatorades
- Towels (as a yoga mat and for drying!)
- Sunglasses or Hat
- Extra Socks
- Snacks

Camp Costs:

\$60 per week OR \$250 for all five weeks of camp (if registered and paid up front)

Register and pay by June 1st, so that shirts can be ordered.

Late registrations are accepted, but may not receive camp gear.

Payment by cash or check made out to *Hannah Griffin for Volleyball Camp* sent with registration form to **Hurricane Volleyball Club**      **5708 Country Lane**      **Greensboro NC 27410**

Contact us at **[admin@canesvbc.com](mailto:admin@canesvbc.com)**

Additionally, Venmo can be accepted at Coach Griffin's handle @[Hannah-Griffin-65](#)

\*In order to get registration in on time, please plan to mail 3-5 business days in advance. Thank you!\*

**Summer 2022 Conditioning & Volleyball Camp Registration Form** (Please Print Clearly)

Athlete Name \_\_\_\_\_ Age \_\_\_\_\_

Prior experience: \_\_\_\_\_

Parent Email (s) \_\_\_\_\_

Please circle camp week (s) attending:

Note: If your athlete has never played volleyball before, please register for the beginners welcome week only. Boys can register for the co-ed weeks only (any experience level). All other athletes are welcome for any weeks of the camp.

WK1 June 13-16

WK2 June 27-30

WK4 August 1-4

WK3 July 18-21

WK5 August 8-11

Beginners and Middle School Athletes

Co-Ed Athletic/Advanced/College Prep

Middle or High School or Travel Experience

\*Older athletes are welcome to attend the first week, but this week, athletes will be focusing on ball control and light conditioning, whereas the remainder of the summer's camp weeks will be much more intense.

1st Parent/Guardian: \_\_\_\_\_ Cell Phone: \_\_\_\_\_

Place of Work: \_\_\_\_\_ Work Phone: \_\_\_\_\_

2nd Parent/Guardian: \_\_\_\_\_ Cell Phone: \_\_\_\_\_

Place of Work: \_\_\_\_\_ Work Phone: \_\_\_\_\_

Emergency Contact: \_\_\_\_\_ Relationship: \_\_\_\_\_

Telephone: \_\_\_\_\_ Cell Phone: \_\_\_\_\_

Child resides with: 1st Parent \_\_\_\_\_ 2nd Parent \_\_\_\_\_ Guardian \_\_\_\_\_ Both \_\_\_\_\_

Name and phone number(s) of person(s) allowed to pick up your athlete:

1. \_\_\_\_\_ Phone: \_\_\_\_\_

2. \_\_\_\_\_ Phone: \_\_\_\_\_

3. \_\_\_\_\_ Phone: \_\_\_\_\_

4. \_\_\_\_\_ Phone: \_\_\_\_\_

5. \_\_\_\_\_ Phone: \_\_\_\_\_

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Completed by Camp Personnel Only Payment Received: \$ \_\_\_\_\_ Type: \_\_\_\_\_ Date Received: \_\_\_\_\_

Please print all information clearly

Name of Athlete: \_\_\_\_\_ Today's Date \_\_\_\_\_

No refund will be made of fees if the child has attended any portion of the camp period registered. Half a refund can be made if the athlete withdraws prior to the week of camp. This refund policy is due to gear costs, location costs, and camp coach payment.

Parent/Guardian's Signature: I understand and accept these guidelines

Parent/Guardian's Signature: \_\_\_\_\_

I give permission for my child to be photographed. Photos will be shared to athlete parents and posted on Facebook and Instagram.

Parent/Guardian's Signature: \_\_\_\_\_

I give permission for camp coaches to transport my child off camp property for the purpose of medical care in case of emergencies.

Parent/Guardian's Signature: \_\_\_\_\_

#### Parent Authorization Form

Please print all information clearly

Date of last physical \_\_\_\_\_

Allergies: (Please put N/A if your child does not have an allergy)

Food

\_\_\_\_\_

Medication

\_\_\_\_\_

Insect

\_\_\_\_\_

Other

Does your child require an Epi-pen? \_\_\_\_\_ If yes, you must provide the camp with an Epi-pen to be kept with the athlete at all times.

Specific Activities to be restricted for health reasons (please keep in mind that this camp includes running, jumping, etc., and if your student/athlete is unable to participate in these forms of exercise, this camp may not be a good option for him or her):

## Frequently Asked Questions:

**Where do I drop off and pick up my athlete?** As soon as you pull into Bur-Mil park, there is a parking lot on your left. Park there, facing away from the pool, and you will see the grass court volleyball net!

**What if it rains?** Bur-Mil Park is a great location for a camp because it has large, covered areas where drills and strength training can continue if the weather is not ideal. In the three previous years running this camp, there has only been a few days where rain was an issue, and the athletes were excited because it made the temperature so much cooler!

**Can athletes be dropped off early?** Yes. Coaches arrive by 7:30 for camp each day to begin setting up and the gates are open even earlier to get into the park. **Can athletes stay late?** This depends on how late. Coaches can stay as late as 12:30 but some have other training to run during the day or work in the afternoons. Please be courteous of their time. **Can we set up a carpooling option?** YES. In the past, we have had athletes attending camp from up to an hour away from the training. Carpooling would be a great option AND after the first week if you want to be introduced to other families in your general area who are willing to carpool, we would be willing to make introductions.

**Can we add on more weeks as we go?** Absolutely. But we will have a cap on the number of athletes that attend each week and the rate will continue to be \$60 per week as you sign up. If you want the \$250 price for all five weeks, please pay that up front or it will be at the regular rate. **How can we pay?** Cash and check are both accepted, and this year, we are also accepting Venmo! If you wish to pay via Venmo, please contact Hannah Griffin through text or email for the Venmo account information. **Can we register late?** Yes, if there are available spots you may register, BUT you are not guaranteed camp gear since it needs to be ordered by the registration deadline.

**What is the difference between the “Beginners and Middle School Athletes” and “Middle or High School or Travel Experience” for those specific weeks of camp?** We recommend that players who have not played volleyball before (or only have limited experience) only sign up for the first week because the camp difficulty and intensity will increase each week. The final two weeks will be for players who are competitive or proved that they could handle the first week of camp at the beginning of the summer. Please ask Coach Griffin if your player could participate in the final two weeks, if you are interested at the end of Week 1.

If you want to be kept up to date on camp information, you can follow @canesvbc or @\_coachgriffin on Instagram, Hurricane Volleyball Club on Facebook, or go to the Hurricane Volleyball Club website [www.canesvbc.com](http://www.canesvbc.com) !

Please keep this page and the first page for your own information and just send in the remaining pages as registration. Thank you!

We will contact you by email or text upon receiving your registration.