



Summer Conditioning and Volleyball Camp 2024

Who: This camp is run by Hannah Griffin, coach and club director for Hurricane Volleyball Club, and various Hurricane Volleyball Club coaches/alum.

What: This camp is an opportunity to grow and improve your volleyball skills, work with a variety of athletes at different development levels, and stay active over the summer. This camp is for athletes who are **serious** about improving in the game of volleyball.

Why: This camp will get you in better shape to prepare for fall tryouts and keep in good condition over the summer (*running and working-out are included and expected*).

Where: 5834 Bur-Mill Club Rd, Greensboro, NC 27410 (when you pull into the park, you will see a grass court on the left before the golf area); you park next to the restrooms

When: This camp will be held Monday-Thursdays 8am-Noon on the following weeks:
June 10-14, June 24-27, July 8-11, July 22-25

How: You will improve through conditioning, skill drills, plyometric (jump) training, scrimmaging, 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:

\$100 per week OR \$350 for all four weeks of camp (discount only if registered and paid **up-front**). Register and pay by May 24th, so that shirts can be ordered.

Late registrations are accepted, but campers will not receive a camp shirt.

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

Email us at admin@canesvbc.com*

Additionally, Venmo can be accepted @Hannah-Griffin-65

Summer 2024 Conditioning & Volleyball Camp Registration Form
(Please Print Clearly)

Athlete Name _____ Age & DOB _____

Prior experience: _____

_____ Unisex T-Shirt Size: _____

Parent Email (s) _____ Phone: _____

Please circle camp week (s) attending:

June 10-14

June 24-27

July 8-11

July 22-25

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: _____

Any special instructions, such as custody or restraining orders must be attached to this application and discussed

Please list any other information you'd like to include about your athlete:

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 early. 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):