

Summer 2021 Conditioning and Volleyball Camp

Who: Hannah Griffin, Coach and Club Director for Hurricane Volleyball Club, additional HVC coaches, and other athletes (between the ages of 12 and 18)

What: Grow and improve your volleyball skills, work with a variety of athletes at different development levels, and stay active over the summer

Why: To prepare for fall tryouts and keep in shape over the summer

Where: 5834 Bur-Mill Club Rd, Greensboro, NC 27410

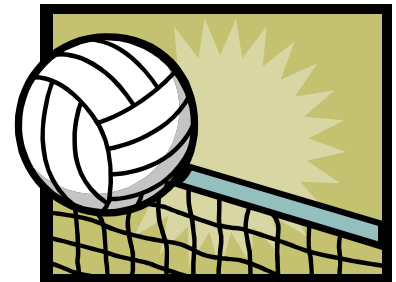
When: 8:00am – Noon, Mondays through Fridays during select weeks in June-August

How: Through conditioning, skill drills, strength training, scrimmaging, plyometrics (jump development), playing skill games

This camp will occur outside, and athletes will get a camp shirt! Volleyballs and extra waters will be provided by coaches.

Athletes are encouraged to bring the following:

- Sunscreen and Bug Spray
- Additional Waters and/or Gatorades
- Towels (to use in place of yoga mat and drying sweat!)
- Sunglasses
- Extra Socks
- Snacks



Weeks Offered:

June 21-25, June 28-July 2, July 12-16, July 19-23, August 2-6, August 9-13

Camp Costs:

\$60 for 1 week

\$50 for each additional week

\$300 for all 6 weeks of camp

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 Hurricane Volleyball Club for Volleyball Camp sent with registration form to Hurricane Volleyball Club, 5708 Country Lane Greensboro NC 27410 (also accepting Venmo this year!). Players who sign up for all 6 weeks will receive two additional gear items!

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 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 two previous years running this camp, there has only been one day 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 girls 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 \$50 per week as you sign up. If you want the \$325 price for all six 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 do “Beginner’s Welcome” and “Boy’s Welcome” mean for the 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 two weeks because the camp difficulty and intensity will increase each week. This is the first year we are allowing boys to participate; since this is a new development, we want to try and see how boys and girls can train together in this environment which is why we are limiting the boys to just two weeks. Experienced players are welcomed to sign up for any week we are holding camp!

Are there precautions in place for COVID? Yes, we disinfect gear daily, have sanitizer on hand for coaches and players, don’t allow the athletes to share food/drinks, and during time off the court, players are encouraged to social distance (there is plenty of space for it). An additional perk to an outdoor camp is the fresh air and not being in an enclosed space. If players need to leave camp to quarantine for any reason, they can make up the time missed in later weeks after they have been cleared (if there are still weeks available).

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 !

Please keep these first two pages 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.

Summer 2021 Conditioning & Volleyball Camp Registration Form

(Please print clearly)

Athlete Name: _____ Age _____ Gender _____

Primary Parent's Phone _____

Parent's Primary Email _____

Select camp week (s):

- June 21-25 (Beginners Welcome) June 28-July 2 (Beginners Welcome) July 12-16 (Boys Welcome)
 July 19-23 (Boys Welcome) August 2-6 August 9-13
 All six weeks

*If your athlete is a beginner, we recommend just attending the first two weeks. Also, boys are welcome the 3rd and 4th weeks (at any level).

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, relationship, and phone number(s) of person(s) allowed to pick up your child

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:

Please print all information clearly

Name of Athlete: _____ Name of Parents: _____ Today's Date _____

No refund will be made of fees if the child has attended any portion of the camp training period. Half a refund can be made if student withdraws early. This refund policy is due to camp costs to camp coaches. 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 understand that there are risks to allowing children to participate in physical activities such as workouts, running, and volleyball. I acknowledge that injuries can and may occur to my child during such training. 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 student at all times.

Specific Activities to be restricted for health reasons: _____

