

Summer Volleyball Workouts!

For all incoming girls in 4th to 8th grade for the 2009-2010 school year!

Come have fun, learning new skills or practice your current skills from bumping, serving, setting, hitting, and conditioning!!!! There are numerous workouts this year to accommodate players with different experience levels! Whether you have never played or have played for three years, come join the fun!! Workouts are offered in July and August. Cost is \$25 per session. Girls can sign up for one, two as many sessions as they wish. Each girl should bring a water bottle, knee pads, and snack. Girls should wear comfortable clothes (t-shirt and shorts), tennis shoes and socks.

QUESTIONS? Call Amy McDaniel at 214-354- 7996

Volleyball Workout Registration Form

To register; send the completed form with children's names and checks made to:

Amy McDaniel
9332 Crossvine Lane
Frisco, TX 75035

Please PRINT legibly

Girls Name: _____ **Grade (as of Sept/2009):** _____

School: _____

Address: _____ **City:** _____

Zip: _____

Phone: (H) _____ **(cell)** _____ **E-mail:** _____

Emergency Contact Name and Phone

Number: _____

Please Check One:

- | | |
|---|---|
| <input type="radio"/> Session I: July 13 | 9:00-10:30 a.m.- 5th grade
10:00-11:30 a.m.- 6th grade
5:00-6:30 p.m. - 7th grade
6:00-7:30.m.- 8th grade |
| <input type="radio"/> Session II: July 15 | 9:00-10:30 a.m. - 5th grade
10:00-11:30 a.m.- 6th grade
5:00-6:30 p.m. - 7th grade
6:00-7:30.m.- 8th grade |
| <input type="radio"/> Session III: July 17 | 9:00-10:30 a.m. - 5th grade
10:00-11:30 a.m.- 6th grade
5:00-6:30 p.m. - 7th grade
6:00-7:30.m.- 8th grade |
| <input type="radio"/> Session IV: July 20 | 9:00-10:30 a.m. - 5th grade
10:00-11:30 a.m.- 6th grade
5:00-6:30 p.m. - 7th grade
6:00-7:30.m.- 8th grade |
| <input type="radio"/> Session V: July 22 | 9:00-10:30 a.m. - 5th grade
10:00-11:30 a.m.- 6th grade
5:00-6:30 p.m. - 7th grade
6:00-7:30.m.- 8th grade |
| <input type="radio"/> Session VI: July 24 | 9:00-10:30 a.m. - 5th grade
10:00-11:30 a.m.- 6th grade
5:00-6:30 p.m. - 7th grade
6:00-7:30.m.- 8th grade |

- ⌚ **Session VII: July 27** 1:00-2:30 p.m. – 5th grade
 2:00-3:30 a.m.- 6th grade
 5:00-6:30 p.m. – 7th grade
 6:00-7:30.m.- 8th grade

- ⌚ **Session VIII: July 29** 1:00-2:30 p.m. – 5th grade
 2:00-3:30 a.m.- 6th grade
 5:00-6:30 p.m. – 7th grade
 6:00-7:30 p.m.- 8th grade

- ⌚ **Session IX: July 31** 1:00-2:30 p.m. – 5th grade
 2:00-3:30 a.m.- 6th grade
 5:00-6:30 p.m. – 7th grade
 6:00-7:30 p.m.- 8th grade

- ⌚ **Session X: Aug. 3** 2:00-3:30 p.m. – 5th grade
 2:30-4:00 p.m.- 6th grade
 5:00-6:30 p.m. – 7th grade
 6:00-7:30 p.m.- 8th grade

- ⌚ **Session XI: Aug. 5** 2:00-3:30 p.m. – 5th grade
 2:30-4:00 p.m.- 6th grade
 5:00-6:30 p.m. – 7th grade
 6:00-7:30 p.m.- 8th grade

- ⌚ **Session XII: Aug. 7** 2:00-3:30 p.m. – 5th grade
 2:30-4:00 p.m.- 6th grade
 5:00-6:30 p.m. – 7th grade
 6:00-7:30 p.m.- 8th grade

PARENT/GUARDIAN PERMISSION

I the parent/guardian of the registrant, a minor, agree that the registrant and I will abide by the rules of the camp and its counselor in charge. Recognizing the possibility of physical injury associated with the Volleyball Camp, I hereby release, discharge and/or otherwise indemnify the Volleyball Camp and their employees and associated personnel, including the registrant as a result of the registrant's participation in the camp.

*As the parent or legal guardian of the above-named player, I hereby give consent for emergency medical care prescribed by a duly licensed Doctor of Medicine or Doctor of Dentistry. This care may be given under whatever conditions are necessary to preserve the life, limb, or well being of my dependent.

 Signature of Parent or Guardian

 Date

 Health Insurance Company Name & Address

 Policy Holder's Name Policy and/or Group Number

 Medical/Other Conditions we need to be aware of: