

## Lakeville South Cougar Volleyball Summer Camps 2012

### July 23-27 at the LSHS Performance Gym

**Interested in becoming a better Volleyball player? Lakeville South Cougar Camps will allow you the opportunity to work with our high school staff, in addition, to some of the top coaches, current college players, and top recruits in the state. All camps will be held at Lakeville South High School in the Performance Gym from July 23-26, with Specialized Skills Camps running on July 27<sup>th</sup>. Look below to see what camp will best suit your needs, and then place a check mark on the camps you would like to attend.**

Youth Camp: Grades 3-5	Middle School Camp 6-8	High School Camp 9-12
<p>_____ Please Check Here to Attend  <u>Time:</u> 8-10am  <u>Cost:</u> \$80.00  <u>Dates:</u> July 23-July 26<sup>th</sup> (M-TH)</p> <p><u>Focus of Camp:</u>  Learn the basic fundamentals of volleyball including: Passing, Setting, Serving, Attacking, and Blocking. Camp will focus on footwork and communication. Games will conclude each daily session.</p>	<p>_____ Please Check Here to Attend  <u>Time:</u> 10am-12:30pm  <u>Cost:</u> \$85.00  <u>Dates:</u> July 23-July 26<sup>th</sup> (M-TH)</p> <p><u>Focus of Camp:</u>  Skill extension of basic fundamentals! Camp will include team play, mini-games, and an introduction to SAQ (Speed, Agility, and Quickness) training used at the high school level.</p>	<p>_____ Please Check Here to Attend  <u>Time:</u> 1-4pm  <u>Cost:</u> \$95.00  <u>Dates:</u> July 23-July 26<sup>th</sup> (M-TH)</p> <p><u>Focus of Camp:</u>  This camp focuses on a mastery of skills and incorporates a lot of team to develop chemistry on the court. Emphasizing position specific training, multi-contact drills, and perfection of individual skills.</p>
Private Lessons: All Ages	Specialized Camps	FREE ALUMNI/RETURNER MATCH!
<p>_____ Please check Here to Attend  <u>Time:</u> 50 minutes per lesson  <u>Cost:</u> \$30.00 per lesson (1-3 people)</p> <p><u>Description:</u> Private lessons are available with camp coaches from 5-8pm Monday, Tuesday, and Thursday. They are on first come-first served basis. Lessons can be done individually or in small groups up to 3 people. More than 4 people will move the cost up to \$45.00 per hour.</p>	<p><b>Date: Friday, July 27<sup>th</sup></b>  <b>\$15.00 per session.</b>  <b>Check each session to attend</b></p> <p>_____ 9:00-10:15: Outside Hitters  _____ 10:30-11:15: Passing/Defense  _____ 11:30-12:15: Middles &amp; Setters</p> <p><b>These sessions are fast, skill specific sessions, and are only open to 7-12 grade. Space is limited in each session to keep a small coach to player ratio.</b></p>	<p><b>ALUMNI vs. the COUGARS</b></p> <p><b>Join us on Wednesday, July 25<sup>th</sup> at 4:30pm for our Cardinal/Gold match, which features LSHS Alumni vs. the Current players. This match is FREE with treats following the end of the match. Come see your favorite former players as they battle it out!</b></p>

**Please Return to Lakeville South Volleyball: ATTN: Jen Nelson 18084 Kindred Court, Lakeville MN 55044**

**Name (Player** \_\_\_\_\_ **Grade (fall of 2012)** \_\_\_\_\_

**Address:** \_\_\_\_\_ **Phone Number** \_\_\_\_\_

**E-mail Address:** \_\_\_\_\_ **Position:** \_\_\_\_\_

**T-Shirt Size** \_\_\_\_\_ **Parents:** \_\_\_\_\_

**for  
LAKEVILLE SOUTH COUGAR VOLLEYBALL AND/OR LAKEVILLE SOUTH COUGAR CAMPS  
(Read before signing)**

**X** \_\_\_\_\_  
**Parent or Guardian's Signature** **Date**