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 27th. 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
Please Check Here to Attend Time: 8-10am Cost: \$80.00 Dates: July 23-July 26th (M-TH)	Please Check Here to Attend Time: 10am-12:30pm Cost: \$85.00 Dates: July 23-July 26th (M-TH)	Please Check Here to Attend Time: 1-4pm Cost: \$95.00 Dates: July 23-July 26th (M-TH)
Focus of Camp: 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.	Focus of Camp: Skill extension of basic fundamentals! Camp will include team play, minigames, and an introduction to SAQ (Speed, Agility, and Quickness) training used at the high school level.	Focus of Camp: 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.
Private Lessons: All Ages	Specialized Camps	FREE ALUMNI/RETURNER MATCH!
Please check Here to Attend Time: 50 minutes per lesson Cost: \$30.00 per lesson (1-3 people) Description: Private lessons are	Date: Friday, July 27 th \$15.00 per session. Check each session to attend 9:00-10:15: Outside Hitters	ALUMNI vs. the COUGARS Join us on Wednesday, July 25 th at 4:30pm for our Cardinal/Gold
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.	10:30-11:15: Passing/Defense11:30-12:15: Middles & Setters 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.	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!

PARTICIPANT RELEASE OF LIABILITY

for

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

Participant Name	Camp Att	ending
Please Print Name	-	•
In consideration of being allowed to participate in any the undersigned, acknowledge, appreciate, and agree t		n, related events and activities, I
 The risk of injury from the activities involved in for permanent paralysis and death, and while paralysis and death, and while paralysis and death, and while paralysis and reduce this risk, the risk of serious injury decay. I KNOWINGLY AND FREELY ASSUME ALL SUCH RISI FROM THE NEGLIGENCE OF THE RELEASEES or oth participation; and: I willingly agree to comply with the stated and of however I observe any unusual significant hazar myself from participation and bring such attention. I, for myself and on behalf of my heirs, assign, participation and Hold Harmless Laker Cougar Camps. Their officers, coaches, agents, agencies, school district, and owners and leaser (RELEASEES), WITH RESPECT TO ANY AND ALL IN person or property. WHETHER ARISING FROM THE the fullest extent permitted by law. I HAVE READ THIS RELEASE OF LIABILITY AND ASSUMPTION TERMS, UNDERSTAND THAT I HAVE GIVEN UP SUBSTANIA VOLUNTARILY WITHOUT ANY INDUCEMENT. 	articular rules, equoes exist and, (S, both known and ers, and assume for the rearest personal representation of the nearest personal r	uipment, and personal discipline of unknown, EVEN IF ARISING full responsibility for my and conditions for participation. If ence or participation, I will remove staff immediately and, tation and next of kin, HEREBY Volleyball and/or Lakeville South of the conduct the event DEATH, or loss of damage to a THE RELEASEES OR OTHERWISE, to
XParticipant's Signature		 Date
rarticipant's Signature	Age	vate
FOR PARENTS/GUARDIANS OF P (UNDER AGE OF 18 at ti		
This is to certify, that I, as parent/guardian with legal r agree to her release as provided above for all the Relea kin, I release and agree to indemnity and hold harmless my minor child's involvement or participation in these p THE NEGLIGENCE OF THE RELEASEES, to the fullest exter	ses, and for myse the Releases from programs as provid	If, my heirs, assigns, and next of m any and all liability incidents to led above, EVEN IF ARISING FORM
XParent or Guardian's Signature		 Date