

Camper Name: _____ Age: _____ Grade Entering: _____ Position: _____ Height: _____
 Address: _____ City: _____ State: _____ Zip: _____
 Adult Shirt Size: [] XL [] L [] M [] S Home Phone: _____ Cell Phone: _____
 Camper Email: _____ Parent/Guardian: _____
 Parent Email: _____ Emergency Contact: _____
 Emergency Phone: _____ Playing Experience: [] Varsity [] Junior Varsity [] Middle School [] Club
 Years of Experience: _____ Camp Option: [] Full Day [] Half-Day (Mornings) [] Half-Day (Afternoons)
 Insurance Provider: _____ Policy Number: _____



About the Camp...

The Plymouth State Volleyball Camp is a four-day camp designed to provide athletes with individualized training. The camp is open to students entering 6th through 12th grades. Players will be grouped by skill level and will receive position-based training, game play experience and sport-specific conditioning work.



FACILITIES

All camp activities will take place in Foley Gymnasium at the PE Center, located on Fieldhouse Road, Plymouth, NH.



PLYMOUTH STATE VOLLEYBALL CAMP

July 10 – 13, 2017

Foley Gymnasium

Grades 6 – 12

CAMP STAFF

Director/Court Coach

Chris Kilmer has been the Head Coach at Plymouth State since 2011 and has prior coaching experience at St. Michael's College, Lakes Region Juniors, Plymouth High School and Moultonborough Academy.



Court Coach

Randy Mattson joins the staff for the third straight summer. She has served as the Head Coach at Inter-Lakes High School for 23 years and as founder, director and head coach for Lakes Region Juniors since 1994.



Court Coach

Alisha Flanagan is on staff for her third year. She is a junior OH for Plymouth State and an assistant coach with Lakes Region Juniors. The 2014 NH Player of the Year was a key part of Nute High School's back-to-back undefeated State Championship seasons in 2013 & 2014.



Additional camp staff will consist of Plymouth State Volleyball team members, and will fluctuate daily.

CAMP TUITION

Full Day* = \$200

8:00 am – 5:00 pm

Half-Day = \$150

8:00 am – 12:00 pm

OR

1:00 pm – 5:00 pm

**Checks Payable to:
Plymouth State Volleyball**

*Lunch is *not* provided for Full Day campers.

Tuition Includes...

T-Shirt, Individualized Instruction,
Position-Specific Training & **FUN!**



**Stop by the camp
store for drinks,
snacks and PSU
Volleyball gear!**

Registration Options:

- 1 – Email cjkilmer@plymouth.edu
- 2 – Detach Registration Form & Medical Release and Mail To:
Chris Kilmer
Plymouth State Volleyball
17 High Street, MSC #32
Plymouth, NH 03264

Medical Release & Waiver

1. Are you allergic to any medications? Y / N

If yes, please specify: _____

2. Any other allergies? _____

3. Any history of: [] Heart problems, [] Dizzy Spells, [] Respiratory Problems, [] Epilepsy, [] Head Injury, Other (explain): _____

4. Do you have any current injuries? Y / N

If yes, please specify: _____

5. Do you have any physical restrictions? Y / N

If yes, please specify: _____

6. Are you currently taking medication? Y / N

7. Please list medications or any other conditions we should be aware of: _____

I hereby give permission for _____ to participate in the 2017 Plymouth State Volleyball Camp. I waive any and all liability, claims, demands, actions and causes of action whatsoever for any injury or accident of any kind against Plymouth State University and any or all employees, sponsors, coaches or members of the team participating in this camp. I am aware there is no insurance of any kind covering my child and that he/she will be covered by family insurance. I attest my child is in good physical condition and am aware he/she will participate in rigorous activity. Any underlying medical problems or injuries will be relayed to the Director and Athletic Training staff in advance of participation.

Parent or Guardian: _____

Signature: _____

Date: _____

The Daily Schedule...

- Warm up
- Positional Instruction
- Conditioning
- Team Drills
- Scrimmaging