

# 2012 ST. CROIX LUTHERAN YOUTH ATHLETIC CAMPS



## VOLLEYBALL

July 23–26, 2012



### OTHER SCL ATHLETIC CAMPS

#### Crusader Fastpitch Softball Camp

Open to girls in grades 4-9, the camp will be held on two Sunday evenings: March 4 & 11, 2012, from 6-8 pm. Instruction will focus on the fundamentals of fastpitch softball.

#### Crusader Basketball Camps

\* Girls entering grades 5-9: June 11-15, 2012

\* Boys entering grades 4-6: June 18-22, 2012

\* Boys entering grades 7-9: June 25-29, 2012

Instruction will focus on individual fundamentals within a team setting and emphasize solid person-to-person defense and strong offensive skills.

#### Crusader Soccer Camp

Open to both boys and girls entering grades 5 through 9, the camp will be held July 30 - Aug. 3, 2012, and will teach solid fundamental skills, stressing techniques over tactics.

#### Golf Camp

Open to both boys and girls entering grades 6 - 12, the camp will be held July 23-25, 2012, and will emphasize techniques and skills that are vital to understanding and playing the game of golf. Students of all skill levels are encouraged to attend, and it's great for advanced golfers, too.

#### Crusader Football Camp

Open to boys entering grades 6 through 9, the camp will be held August 6-10, 2012. Instruction will cover all positions, developing the skills essential to success in the game of football.

#### Crusader Wrestling Camp

Open to boys entering grades 3 - 9, the camp will be held July 9-13, 2012, and will teach the fundamentals of wrestling; the skills and techniques that it takes to compete in the sport of wrestling as well as the self-confidence and self-awareness needed in this uniquely individualistic team sport.



1200 Oakdale Avenue ■ West St. Paul, MN 55118  
651.455.1521 ■ [www.StCroixLutheran.org/sports](http://www.StCroixLutheran.org/sports)

# SCL 2012 CRUSADER VOLLEYBALL CAMP

**When:** Monday–Thursday, July 23–26, 2012

**Time:** 9:00 am to noon

**Place:** SCLHS Gymnasium

**Who:** Girls entering grades 6–9

**Cost:** \$50.00 (early bird rate if postmarked/  
received by June 15)  
\$70.00 (after June 15)

Due to the popularity of the camp and to maintain a strong and safe learning environment, the camp will be limited to the first 80 registered and paid.

Registration deadline is Friday, June 15. Additional registrations are accepted as space allows. Registration fees include instruction, prizes, awards, and a camp t-shirt (*t-shirts are not guaranteed for all those who register late*). Cancellations received after June 15 will result in a refund of 50% of the registration fee.

The purpose of this camp is to provide the player with a background of the fundamentals of volleyball. Throughout the week, the basic skills of passing, setting, serving, blocking, and spiking will be taught. There will also be instruction involving the various defensive skills and offensive strategies involved with volleyball. The girls will also be involved in playing games of 6 vs. 6.

**The camper must bring shoes, socks, shirt, shorts and knee pads.** It is also recommended that you bring a **water bottle** for break times. Please report any illnesses or injuries to the staff prior to the start of camp.

Please detach the registration form and send it along with your payment to:

St. Croix Lutheran High School  
Attn: Activities Director  
1200 Oakdale Avenue  
West St. Paul, MN 55118

***A camper is automatically accepted unless contacted within one week of receipt of registration form.***

## **FOR MORE INFORMATION ON THE VOLLEYBALL CAMP CONTACT:**

Rachel Grev at 651-455-1521, x124 or  
rgrev@stcroixschools.org

This form is also available online at [www.StCroixLutheran.org/sports](http://www.StCroixLutheran.org/sports).

## SCL 2012 CRUSADER VOLLEYBALL CAMP REGISTRATION FORM



Registration Deadline: June 15, 2012 (\$50.00 early bird rate-postmarked/received by June 15; \$70.00 after June 15.)

NAME \_\_\_\_\_

ADDRESS \_\_\_\_\_

CITY \_\_\_\_\_

STATE \_\_\_\_\_ ZIP \_\_\_\_\_

PHONE (day/emergency) \_\_\_\_\_

ELEMENTARY/MIDDLE SCHOOL \_\_\_\_\_

CITY \_\_\_\_\_

HEIGHT \_\_\_\_\_

GRADE ENTERING NEXT FALL: 6 7 8 9

T-SHIRT SIZE (ADULT SIZING): S M L X XL

*The full payment of \$50.00 should accompany this form: please make checks payable to St. Croix Lutheran High School.*

### **BE SURE TO READ AND SIGN THE PARENTAL CONSENT FORM BELOW.**

I understand that the staff of the Crusader Volleyball Camp may have to act in emergency situations requiring medical attention for my daughter, and I agree that they have my permission to do so. I hereby release the Crusader Volleyball Camp, its staff members, and St. Croix Lutheran High School and Association for any claims for liability for any injury incurred by my daughter while at camp. It is further agreed that all risks involved in participation in this camp are assumed by the student and her parent(s) or guardian(s), who are also responsible for all medical costs incurred in case of injury while in attendance at the Crusader Volleyball Camp.

PARENT/GUARDIAN SIGNATURE \_\_\_\_\_

DATE \_\_\_\_\_