

# Northwest YMCA Girls Volleyball Day Camp REGISTRATION FORM 2010

Name: \_\_\_\_\_ Address: \_\_\_\_\_

City: \_\_\_\_\_ State: \_\_\_\_\_ Zip: \_\_\_\_\_

Phone: (\_\_\_\_) \_\_\_\_\_ Email: \_\_\_\_\_

Grade: \_\_\_\_\_ DOB: \_\_\_\_\_ School: \_\_\_\_\_

Family email: \_\_\_\_\_

Parent(s) Name: \_\_\_\_\_

In 2009 I played: \_\_\_\_\_ Varsity J V Middle Never  
Position Played: \_\_\_\_\_ School Played

T-Shirt Size: Adult: S M L XL Youth: S M L XL

Are you a current YMCA Member? Y N YMCA Branch \_\_\_\_\_

Program Choice (please check):

Clinic: August 4th-25th

\_\_\_\_ 6:00pm-7:30pm Gr 6th-8th

\_\_\_\_ 7:30pm-9:00pm Gr 9th-12th

Day Camp: August 16th-20th

\_\_\_\_ Gr 6th-8th

\_\_\_\_ Gr 9th-12th

Payment Method:

1. Check # \_\_\_\_\_ enclosed or the amount of \$ \_\_\_\_\_

2. Credit Card # \_\_\_\_\_ Mastercard Visa Discovery

Exp. Date \_\_\_\_\_ for the amount of \$ \_\_\_\_\_

Card holders signature \_\_\_\_\_ Security code \_\_\_\_\_

Name on Card \_\_\_\_\_ Date \_\_\_\_\_

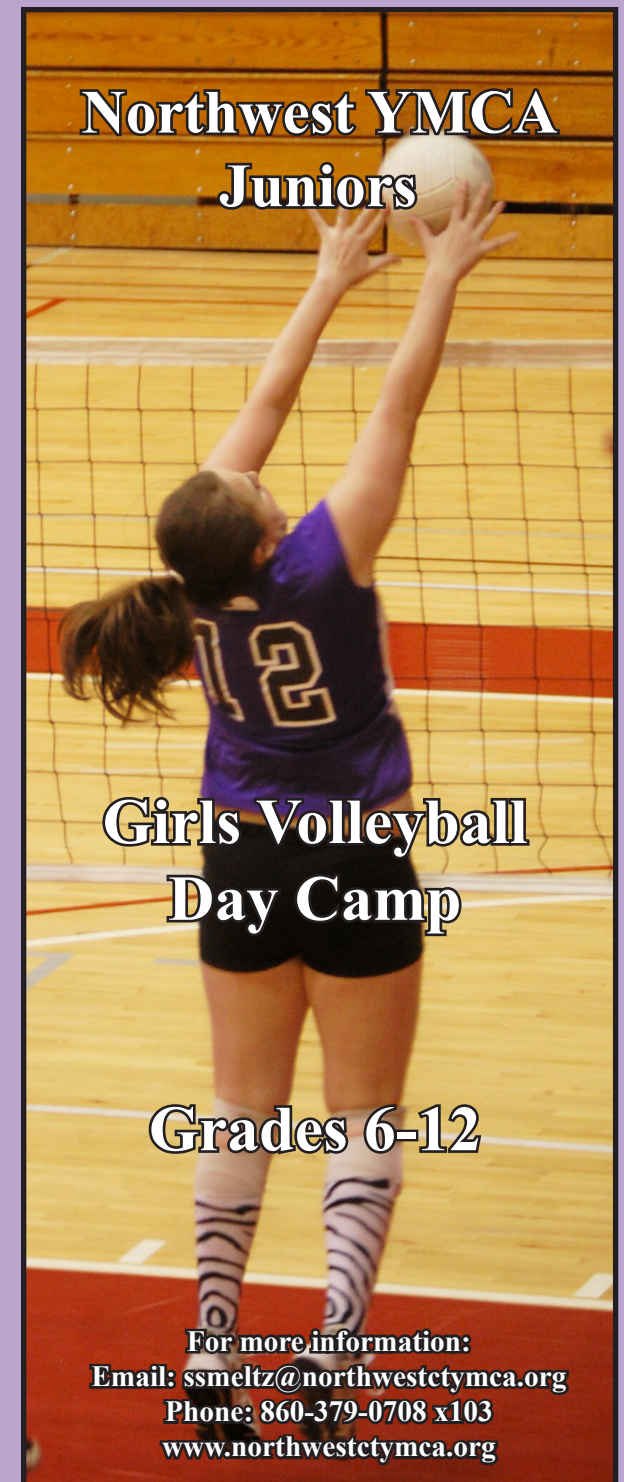
When completed, please mail or fax form along with payment to:

Northwestern CT YMCA Attn: Sabrina Smeltz

480 Main Street, Winsted, CT 06098

Phone: 860-379-0708 Fax: 860-379-1328

Payments: Camp fees are non-refundable. Fees due by July 28, 2010



## Day Camp

Grades 6-12

9am-4:30pm

YMCA Member: \$175

YMCA Program Member: \$185

General Public: \$200

For players who have played or plan on playing organized volleyball at the High School or Middle School Level.

Campers enrolling in this session will be taught all skills that a volleyball players needs (passing, serving, blocking, hitting, etc.). Players will be skills tested on the first day and will be grouped with players of similar skill level

The emphasis of this program is to develop and build on the skills of passing, setting, attacking, serving, and individual defense, while incorporating offensive and defensive strategies for game play.

Campers must bring lunch daily

**Registration Deadline: July 28th**

**Payment is due in full prior to session start**

## DAILY SCHEDULE

### Morning Session:

9:00: Stretching/Warm up

9:15: Practice: pass/set/hit drills

10:30: Defense and team play

11:30: Sports Conditioning/Training

### Afternoon Session:

12:30: Lunch/Social time

1:15: Pool time

2:00: Review skills/scrimmage play/wash drills

4:15: Review/Departure

## Clinic Session

Grades 6-12

**NEW!**

YMCA Member: \$50

General Public: \$65

### Session 1: August 4th-25th

Wed 6:00pm-7:30pm Grades 6-8

Wed 7:30pm-9:00pm Grades 9-12

Each week will be focused on how to develop and build on the fundamental skills of passing, setting, attacking, serving, and individual defense. This is a great way to get ready for the Fall Season.

**Registration Deadline: July 28th**

**Payment is due in full prior to session start**



## About the Director

Sabrina Smeltz has been an avid participant, teacher and coach of volleyball for over 14 years. A former player at Springfield College and numerous USAV teams, she has held positions coaching high school, junior olympic and collegiate players in MA and CT. She most recently held the head coaching position at American International College where AIC finished 19-11 overall, 9th in New England and 3rd in the Northeast-10 Conference.

Sabrina holds a BS in Physical Education from Springfield College, USA Volleyball's CAP Level 2 certification and has been on the staff of many summer college camp programs including Springfield College, Wheaton College, and University of New Hampshire.

**Contact Info: [ssmeltz@northwestctymca.org](mailto:ssmeltz@northwestctymca.org)**

**or by phone: 860-379-0708 x103**

## About the Coaches

Our coaches are dedicated to the enhancement of individual abilities and skills. They are committed to providing up-to-date techniques and training. Our coaches have held the positions of college head and assistant coaches, high school coaches as well as former and present collegiate volleyball players.

## How to Register

### Day Camp:

Please fill out registration form and mail or fax in with your \$50 non refundable deposit to hold your space.

### Clinic:

Mail or fax in registration will full payment.