



## 2020 West High School Team Camps

Team Camps are open to all girls entering grades 9-12 who are enrolled at Parkway West High School in 2020-2021.

Please register by 7/13/20 to allow coaches to properly prepare.

Name of Athlete \_\_\_\_\_ Grade (Fall of 2020) \_\_\_\_\_

Name of Parent(s) \_\_\_\_\_

Address \_\_\_\_\_ Zip \_\_\_\_\_

Player cell \_\_\_\_\_ Parent cell \_\_\_\_\_

**Please check the camp(s) you will attend:**  
**\*camp descriptions on 2<sup>nd</sup> page\***

**\*\*ALL CAMPS ARE HELD AT PARKWAY CENTRAL FOR SUMMER 2020 CAMPS\*\***

- Pre-Camp: July 20-21, 4:00–7:00 pm** **\$30**
- All-American Camp Staycation: July 22-24** **\$180**  
(this is an overnight camp. Wednesday begins at 12pm and will be finished Friday at 1 pm.)
- Skills Camp: July 27-30, 4:00-6:00 pm** **\$50**

**\*\* Please circle a T-shirt size \*\***

S                      M                      L                      XL

### Medical Release

I hereby authorize the directors of all Longhorn Volleyball Camps to act for me according to their best judgment in an emergency requiring medical attention. I know of no mental or physical problems that might affect my child's ability to safely participate in this program. My daughter is covered by insurance and I will be responsible for any medical or other charges in connection with her attendance at camp. I agree that my child must abide by the rules and regulations of this camp.

Parent/Guardian Signature \_\_\_\_\_ Date \_\_\_\_\_

**Mail registration and check (made out to Longhorn Volleyball) to  
Susan Anderson / Parkway West Volleyball  
14653 Clayton Road      Ballwin, MO 63011**

**\*\*please note that all checks will be held until 7/20\*\***

**E-mail Coach Anderson @ [sanderson1@parkwayschools.net](mailto:sanderson1@parkwayschools.net) with any questions.**

**\*\*If you are interested in volunteering with Staycation, please check the areas below that you're able to help with\*\***

\_\_\_\_\_ Staycation House: a group of 8-9 girls sleep at your home

\_\_\_\_\_ Food volunteer: help organize a meal(s) for the girls

\_\_\_\_\_ Transportation: Assist with any transportation needs for our special event



## 2020 West High School Team Camp Descriptions

**Pre-Camp:** This camp is designed to get the camp and fall season started, get back into volleyball, re-visit skills and team strategy for each level. Each day will include 1 hour of workout, and 2 hours of volleyball skill

**All-American Staycation:** This camp is a 3 day overnight camp. The players will attend camp that is coached by collegiate All-American players, they will eat all meals at school, and will sleepover in groups at "sleep houses" (homes of other players that parents have offered to host a group of players). This camp is an excellent opportunity to be coached by coaches who have played and earned All-American honors at the collegiate level and often times professionally. The players will also be getting to know the others in the program and bonding with them during sleep house time, group activities, meals, and our specially planned outing during one evening. This camp is an alternative to travelling to a college campus which can often cost 2 or 3 times the amount of the All-American fee. The cost of this camp includes visiting coaches' payment, meals, outing cost, and a t-shirt.

**Skills Camp:** This camp is designed to focus on learning and growing in the individual skills of volleyball. In this camp, skills are broken down in order to learn new, relearn, or fine tune various aspects of a player's skills and abilities. This camp is after the little Longhorn camps where players are asked and encouraged to help coach our younger players.