



## 2019 Little Hawks Volleyball Camp

### \*For Girls Entering Grades 4-8 for the 2019/20 School Year\*

**Objective:** Campers will learn and practice basic fundamental skills and movements used in the game of volleyball. Campers will receive a t-shirt with paid registration.

**Dates:** The camp will be held **July 1st – July 3rd, 2019 at Prairie Point**

### **Entering grades 4<sup>th</sup> - 6<sup>th</sup>**

**Cost:** \$50/Camper (There will be no refunds)

**Times:** 8:00 – 9:30 am

### **Entering grades 7<sup>th</sup> - 8<sup>th</sup>**

**Cost:** \$70/Camper (There will be no refunds)

**Times:** 9:30 am - Noon

**Equipment:** Campers should be in t-shirts and shorts and have tennis shoes. Kneepads are recommended. **The Tachikara Volley-Lite Ball (a lighter ball so the impact on the arms is less) is provided and will be used for grades 4-6.**

**Staff:** Lynnette Stecklein, Cedar Rapids Prairie Volleyball Head Coach, Prairie Assistant Coaches, and current High School players

**Questions:** Contact Lynnette Stecklein via email at [lstecklein@crprairie.org](mailto:lstecklein@crprairie.org)

**Please return by June 7<sup>th</sup>, 2019 to guarantee a t-shirt.**

### Little Hawks Volleyball Camp

Name \_\_\_\_\_ Age \_\_\_\_\_ Grade '19-'20 School Year \_\_\_\_\_

Address \_\_\_\_\_

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

Home Phone \_\_\_\_\_ T-shirt Size: Youth: S M L Adult: S M L XL

Emergency Phone/Contact \_\_\_\_\_

**Please check this box if it is okay to use your daughter's picture for future publications or website.**

Parents Statement: I hereby authorize the director and or staff of the Hawks Developmental Volleyball Camp to act accordingly to their best judgment in any emergency requiring medical attention. I feel there is no reason, physically, why my daughter should not participate in the activities of the camp. I have notified the camp staff of any restrictions or concerns that my daughter has in regards to her physical health.

Parent/Guardian's Signature \_\_\_\_\_

Make checks payable to: **Prairie Volleyball Camp**

Please mail to:

Prairie High School

Attn: Lynnette Stecklein

401 76<sup>th</sup> Ave SW

Cedar Rapids, IA 52404