

**Athletes Entering
Grades 2-9
(Girls and Boys!)
Are Welcome!**

**All Campers Will Be In
Groups According To
Age**

**Incoming 9th Graders
Will Not Participate
With Any Other Grade**

Camp Concentrations

- Proper attacking/hitting form
- Proper passing form
- Proper setting form
- Proper serving form
- Rotation practice
- Game simulations
- Defense training
- Agility Drills
- Competitive Activities

RAIDER VOLLEYBALL



Camp Director:

**Adrienne Stack
Head Varsity
Volleyball Coach**

**Scotch Plains-Fanwood
High School**

Any questions please contact
via email:
astack@spfk12.org

**Scotch
Plains-Fanwood
P.A.L.
2018 Raider
Volleyball Camp**



**Location: Scotch Plains
Fanwood High School**

**Date: Monday, June
25th-Thursday, June
28th**

Camp Staff Features the
SPFHS Coaching Staff,
SPFHS Volleyball Alumni,
and Current High School
Players

GO RAIDERS!!!

The SPFHS Varsity Volleyball Program takes great pride in working hand in hand with the Scotch Plains P.A.L. program!

Both organizations are committed to the betterment of athletics and the community of Scotch Plains-Fanwood!

The Scotch Plains-Fanwood P.A.L. Raider Volleyball Camp is designed to teach the fundamentals of volleyball and a love for the game.

General volleyball rules, strategy and sportsmanship will be stressed.

We take great pride in teaching our athletes the importance of hard work, responsibility and competition.

We believe these skills translate into future success in athletics, but more importantly, in life.

AGES

Upcoming Grades 2-9

FEES

\$130 Before May 25th

\$140 After May 25th

* Fee includes a camp T-shirt

Cops For Kids!

Required Items

- T-Shirt
- Kneepads
- Athletic Sneakers
- Water Bottle
- Light Snack/Fruit (nut free)

Camp Schedule

Campers should be dropped off and checked in by parent/guardian at 8:45AM at the New Gym (At SPFHS).

Campers will be picked up by a parent/guardian at the same location.

Camp will begin promptly at 9:00AM.

9:00-9:20 - Warm up/stretch

9:20-9:25 - Water Break

9:25-9:55 - Agility Stations

9:55-10:05 - Water Break/Talk

10:05-10:35 - Skill Stations/Offense

10:35-10:45 - Water Break/Talk

10:45-11:15 - Skill Stations/Defense

11:15-11:25 - Water Break/Talk

11:25 - 12:15 - Competitive Play

12:15-12:30 - Cool Down

*** All campers will receive instruction in all offensive and defensive positions. We believe all volleyball players should learn how to hit, serve, pass a volleyball, etc.**

PAL RAIDER VOLLEYBALL CAMP **Application Form**

Name: _____
Age: _____ DOB: _____
Grade In September 2018: _____
Address: _____
City: _____
Home Phone: _____
Cell Phone: _____
Email: _____
Shirt Size (circle one):
(YS) (YM) (YL) (AS) (AM) (AL) (XL)

Checks Payable To: Adrienne Stack

Check Applicable Camp Rate:
\$130 Before May 25th _____

\$140 After May 25th _____

AMOUNT RECEIVED:

CHECK: _____ CASH: _____

____ I do hereby give my child (ward) permission to participate in all activities in the SPF PAL Volleyball Camp. I do hereby waive, release, and discharge Scotch Plains Fanwood High School and SPF PAL Volleyball Staff of any rights to claim damages resulting in an injury to persons or property that may be sustained or suffered by my child in connection with or participation in or arising out his/her traveling to and from the Scotch Plains Volleyball Camp. I agree to the above waiver and join herein.

Parent/Guardian Name

Parent/Guardian Signature:

****All Applications are to be mailed to:**
Park Middle School
ATTN: Adrienne Stack
580 Park Avenue
Scotch Plains, NJ 07076