

Courts Plus Fitness Center 2012 Winter Volleyball Camps

Camp Details

What to bring to camp- Volleyball clothing, we recommend: T-shirt, shorts, volleyball shoes and knee-pads. **A Positive Learning Attitude!!!**

Check-in and Camp End- All campers should check-in beginning 15 minutes prior to the listed starting time on the first day of camp.

Cancellations- A full refund will be given before the registration deadline. Campers who must leave during the camp due to illness or injury will receive a pro-rated refund based on the number of days attended. Campers asked to leave due to disciplinary reasons will not receive a refund.

How To Register- Registrations will be accepted by mail, fax, phone or e-mail. Fax, phone, and e-mail registrations must be paid in full with a Visa or MasterCard. Registrations are taken on a first come first served basis.

*****Gatorade and Pizza will be served at the conclusion of the last day of camp.*****



Future Stars Camp (grades 3-4)

January 16th - January 20th

Deadline: January, 11th

Courts Plus Fitness Center

4:30pm - 6:00pm



Cost: \$50

Boys and Girls



Only 24 Spots Available

This camp will primarily concentrate on skill development. The ultimate goal is for each athlete to improve his or her level of play and understanding of the game. Areas emphasized are ball control, passing, movement skills, footwork and arm swing development. Campers will also spend time increasing their knowledge of volleyball and understanding of game rules. Sportsmanship, teamwork and having fun will be stressed at all times while campers are participating in drills and competitions.



All Stars Camp (grades 5-6)

January 23rd - January 27th

Deadline: January, 11th

Courts Plus Fitness Center

4:30pm to 6:00pm



Cost: \$50

Boys and Girls



Only 24 Spots Available

This camp is similar to the future stars camp, but designed for the intermediate volleyball player. In addition to basic skill development, this camp will go a step further and emphasize attacking, blocking, serving and defense. Along with individual skill development, campers will learn team offense and defense. The All Star Camp also includes a variety of team and individual game opportunities.



Camp Registration

Courts Plus Fitness Center
3491 South University Dr
Fargo, ND 58104
Phone: (701)237-4805 Fax: (701)237-3764
wherrick@courtsplus.org
www.courtsplus.org



Camper Name: _____	Address: _____
City: _____	State: _____ ZIP: _____
Email: _____	
Day Phone: _____	Evening Phone: _____
Age: _____	Grade: _____ School: _____
Camp you are Attending (circle): FUTURE STAR ALL STAR	
Shirt Size: YM YL YXL S M L	

In Case of Emergency:

Contact: _____ Phone: _____

Pre-existing Medical Conditions (allergies, injuries, asthma): _____

Assumption of Risk/Release

Acceptance of the entry in these events is without responsibility of any kind by Courts Plus Fitness Center, the Fargo Park District, Pepsi, or any other entity sponsoring the event. I do hereby, for and on behalf of myself and my heirs and legal rep., and or legal guardian, by signing below does hereby agree to indemnify and hold harmless Courts Plus Fitness Center, the Fargo Park District, Pepsi, and sponsoring firms from any liability which may occur to the entrant during the event.

Parents/Guardian Signature: _____ Date: _____

(If Paying by Visa/MC) Card# _____ Exp: _____

Confirmation/Info Email will be sent upon receipt of registration.

*****Phone, Fax and Email registrations will be accepted, but must be paid with Visa/MasterCard.**



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