

L A K E W O O D
V O L L E Y B A L L
S U M M E R
C A M P
S I G N - U P

Name: _____

Grade: _____

Parent Name: _____

Contact Phone #: _____



Please mail payment and registration to

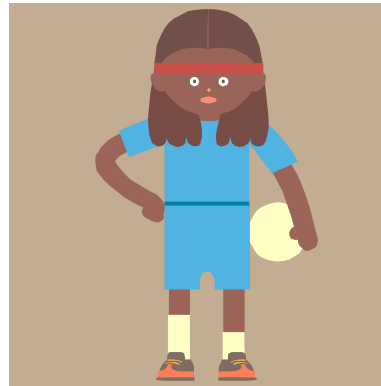
Mrs. Rowland

161 W Broadway

Woodland, MI 48897

Or

Lakewood Middle School

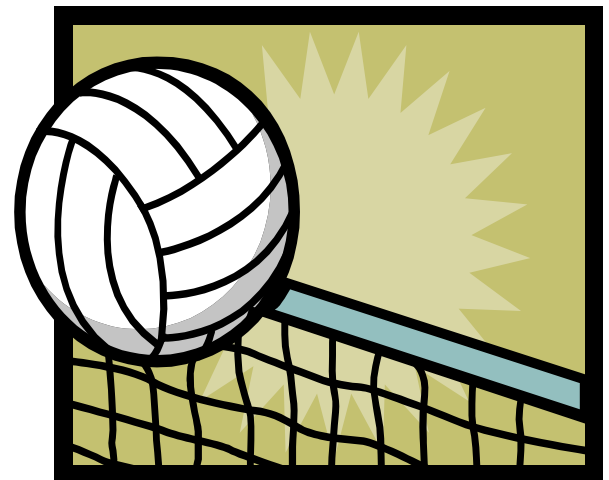


H I G H S C H O O L
A U X I L I A R Y G Y M
G R A D E S 3 - 5

H I G H S C H O O L M A I N
G Y M
G R A D E S 6 - 9

Lakewood Middle School
8699 E Brown Rd
Woodland, MI
48897

Phone: 616-374-2403
269-367-4405



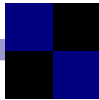
H I G H S C H O O L
A U X I L I A R Y G Y M
G R A D E S 3 - 5

H I G H S C H O O L M A I N
G Y M
G R A D E S 6 - 9

Lakewood Volleyball

Grades 3-9

**3 Day
Summer
Camp
July 15-17**



This is to provide athletes the chance to improve their individual skills and to play volleyball in a team setting before interscholastic volleyball try-outs.

Registration at the door July 15h 8:00 AM

CAMP July 15th -17h 8:30-11:30

Cost:: \$50.00 Mail in Registration

\$55. 00 At the Door

Coaches:

Kellie Rowland-Varsity Coach

C lair Rowland-Assistant Varsity Coach

Brie Tingley-JV Coach

Michigan ALL State Players

2012 Returning State Champion

Varsity Players

The camp is for all 3rd thru 9th graders interested in learning to improve their volleyball skills as well as team interaction and leadership skills.

This camp is a no-nonsense camp, by rolling up your sleeves and getting to work.

The goal is to have each camper leave daily improved and supplied with drills to do on their own.

The session will include specific skill training in:

Setting

Outside attacking

Middle attacking

Blocking

Passing and Digging

Serving

Physical strength training



HIGH SCHOOL
AUXILIARY GYM
GRADES 3 - 5

HIGH SCHOOL
MAIN GYM
GRADES 6 - 9

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CONTACT PERSON: KELLIE ROWLAND
616-374-2403

