

*rumsey*summer!

VOLLEYBALL

SKILL BUILDING PROGRAM

JULY 27 – JULY 31, 2020

LOCATION:

Rumsey Hall School's state of the art indoor athletic facilities.

PROGRAM DIRECTOR:

Allison Spooner Linley, Head Coach at Rumsey Hall School

COST OF PROGRAM:

\$350 Please make checks payable to Rumsey Hall School with memo memo notation: summer volleyball. The fee is payable in full and must accompany the application. Limited enrollment - please sign up early.

MEDICAL FORMS:

A current medical form is required for all participants.

PHILOSOPHY

To develop the individual skills of volleyball: Passing, Setting, Serving and Hitting.

To provide players with an opportunity to apply the individual skills of volleyball through triples play in which each player must utilize all of the basic skills.

To increase self-confidence and teach the qualities necessary to be a positive contributor to a team.

To develop an increased understanding of the rules and various systems of play utilized in the game of volleyball.



DAILY SCHEDULE

- 9:00 am Arrival
 - 9:15 am Warm up
 - 9:30 am Instructional session
 - 10:30 am Break
 - 10:45 am Instructional session
 - 11:45 am Cool down
 - 12:00 p.m Lunch - Provided
 - 12:30 p.m Relaxation, rules, and strategy
 - 1:30 p.m Warm up
 - 1:45 p.m Instructional session
 - 2:15 p.m Break
 - 2:30 p.m Triples play
 - 3:00 p.m Pick up
- *Please note Friday session will end at 12:00 p.m.*

PLEASE PRINT:

Player's Name

Age Grade (Sept. 2019)

Parent's Name

Street Address

City/State/Zip

Home Phone

Work Phone

Experience:

Camp T-shirt (adult) size: S M L XL

Parent's Signature

Date

