

# 18<sup>th</sup> Red Crush VOLLEYBALL CAMP

FOR GIRLS Entering Grades 6 thru 9

In The Fall of 2023

**Tuesday July 18 to**

**Friday July 21, 2023**



## DIRECTED BY:

**Mike Krause, Head Coach**

**Parkland High School**

**Girls Volleyball**

**2011, 2014, 2015 PIAA State Champions**

**2021 Morning Call Team of the Year**

## REGISTER EARLY!

High School Volleyball has the largest number of female participants (454,153) in a team sport in the country

## ABOUT THE DIRECTOR:

National Federation of High Schools 2012  
Pennsylvania Coach of the Year

NFHS Volleyball Rules Committee National  
Coaches Representative

2015, 2014 and 2011 PIAA State Champions;  
2012, 2016 and 2021 State Finalist; 12  
District XI Championships; 10 League  
Championships

Record since 2010 for League, District and  
PIAA Post-season Playoffs: **101-12**

2010, 2011, 2014 and 2015 Morning Call  
Coach of the Year

2018, 2021, 2022 AVCA Region Coach of the  
Year

High school players have received 21 All  
American honors-3 Pennsylvania  
Gatorade Player of the Year Honorees

Asst. Director: Taylor Krause – **Penn  
State Volleyball 2X Nat'l  
Champion-PIAA Champion-4 Time  
High School All American Honors**

Asst. Director: Kristin Krause – **Penn  
State Volleyball Big 10 Champion-2 X  
PIAA Champion-9 Time High School  
All American Pennsylvania Gatorade  
Player of the Year**

*“This Camp is for athletes who may have trained  
in volleyball previously, or have been involved in  
other youth sports, as well as those just beginning  
to experience athletics. All athletes are welcome, if  
they are willing to train and learn.”*

*Mike Krause*

**Register Now!!!!**

**(PLEASE PRINT CLEARLY)**

NAME \_\_\_\_\_

ADDRESS \_\_\_\_\_

CITY \_\_\_\_\_

ZIP \_\_\_\_\_ AGE \_\_\_\_\_

GRADE(Sept./2023) \_\_\_\_\_

SCHOOL ATTENDING Sept. 2023: \_\_\_\_\_

HEIGHT \_\_\_\_\_

EXPERIENCE(years played): \_\_\_\_\_

CLUB Team \_\_\_\_\_

CONTACT PHONE# \_\_\_\_\_

MEDICAL CONCERNS \_\_\_\_\_

EMAIL \_\_\_\_\_

T-Shirt Size (Circle Size):

Adult sizes: SM Med Lg XLg

**Send this registration form with Check  
(\$200.00) made payable to:**

**Michael Krause**

**3521 Golf Course Rd.**

**Allentown, Pa 18104**

**610-391-9127**

**THIS IS NOT A PARKLAND  
SCHOOL DISTRICT  
SPONSORED EVENT**

The **Red Crush Volleyball Camp** is designed to teach the fundamentals, as well as advanced skills, of the game of volleyball. We encourage athletes from other sports to attend. Athletes involved in other sports will gain the benefit of cross training. **Cross training** (training multiple skills) has been the foundation for growth in sport among young athletes. If your daughter has an interest in sport, this camp will teach the fundamental process in “**Learning How to Learn**”.

**Camp is held at Parkland High School.** All campers should arrive at 8:45 am. Camp will end at 3:00 pm. Campers must bring their own lunch and drink. **Campers should have knee pads and arrive dressed to play (no jewelry or tank top shirts please).** Bring additional clothes to change into after the morning session.

**Sr. Staff:** experienced in high school, college playing and/or coaching among

***The Best Volleyball Instructors in PA***

CANCELLATION FEE OF \$20.00 PRIOR TO JULY 15, 2023 (any refunds requested after JULY 15, 2023 will be evaluated on a case by case basis)

For more information, email or call:  
[redcrushvolleyballcamp@yahoo.com](mailto:redcrushvolleyballcamp@yahoo.com)

Phone: 610-391-9127

## EACH CAMPER WILL:

- Receive a camp t-shirt (size is only guaranteed if registered by June 20, 2023)
- Receive Court Coaches instructional feedback
- Be eligible for awards

**AWARDS FRIDAY**

**PARENTS WELCOME AFTER 2:15 PM**

## SAMPLE DAILY SCHEDULE

9:00-9:30 Open Gym, Skill Demo  
9:30-11:15 Individual Skill Development  
11:15-11:50 Team Development  
11:50-12:00 Competitions  
12:00-12:30 Lunch (on your own)  
12:30-1:15 Camper Challenges  
1:15-1:45 Team Skills Training  
1:45-2:45 Team Games  
2:45-3:00 Closing activities

**(SUBJECT TO CHANGE)**

## RED CRUSH VOLLEYBALL

PRINT PARENT NAME: \_\_\_\_\_

I UNDERSTAND I AM FINANCIALLY RESPONSIBLE FOR ANY MEDICAL BILLS INCURRED BY MY CHILD WHILE AT CAMP. I AUTHORIZE THE STAFF OF THE RED CRUSH VOLLEYBALL CAMP TO ACT AS THEY DEEM FIT IN THE EVENT AN EMERGENCY ARISES. I HEREBY RELEASE AND FOREVER DISCHARGE THE STAFF OF THE RED CRUSH VOLLEYBALL CAMP OF AND FROM ALL MANNER OF ACTIONS, SUITS, DAMAGES, CLAIMS, AND DEMANDS ON ACCOUNT OF PERSONAL INJURY OR DEATH ARISING FROM MY CHILD'S PARTICIPATION IN THE ABOVE LISTED ACTIVITIES.

\_\_\_\_\_  
PARENT SIGNATURE

**PLEASE COMPLETE BOTH SIDES OF THIS SECTION AND RETURN IT WITH YOUR CHECK FOR \$200.00**