

Southside Volleyball Camp  
July 20-22, 2026  
9:00 am - 12:00 pm  
Wachter Middle School Gyms  
Cost: \$75 before June 15 \$80 after  
Athletes entering grades 6, 7, 8



Search for **Southside Fitness and Training**

**Camp Purpose:**

The Southside Volleyball Camp is designed to provide the camper with the opportunity to improve and refine the individual and team skills necessary to compete on a volleyball team. Instruction will be given in the individual skills of serving, passing, setting, attacking, digging, and blocking. Also, team offensive and defensive strategies will be taught and refined.

**Equipment:**

- Volleyball Shoes
- Shorts, sweatpants, t-shirt, knee pads if desired
- Water Bottle

**\*Must register by June 15 to guarantee a T-shirt\***

**Questions?**

Contact Alyssa Sauter at 701-290-0026  
[alyssa\\_sautner@bismarckschools.org](mailto:alyssa_sautner@bismarckschools.org)

**Please send registration to:**

**Southside Fitness and Training**  
**PO Box 2543**  
**Bismarck, ND 58502**

Make checks payable to: **Southside Fitness and Training**

**\*\*No refund after June 25\*\***

**Registration information:**

Participant's Name: \_\_\_\_\_

Grade (fall of 2026) \_\_\_\_\_ Shirt Size: \_\_\_\_\_ Youth/Adult  
(Circle one)

Address: \_\_\_\_\_

City/State/Zip: \_\_\_\_\_

Parent/Guardian: \_\_\_\_\_

Phone Number: \_\_\_\_\_

E-mail: \_\_\_\_\_

(Please print email address legibly)

I CERTIFY that my child/participant is physically able to participate in all volleyball activities. I understand that there are certain risks of injury inherent with volleyball and I am willing to assume these risks on behalf of my child/ward. Bismarck Public Schools and the Southside instructors assume no responsibility for accidents or illnesses including contracting or exposure to Covid. The Bismarck Public Schools district and Southside coaching staff are not responsible for any medical expenses that may occur due to participation. No refund after June 25. I agree with all the conditions stated above.

Parent Signature \_\_\_\_\_