

**Medical/Insurance Information**

\_\_\_\_\_  
Physician/Practice Name

( ) \_\_\_\_\_  
Contact Number

\_\_\_\_\_  
Medical Insurance Carrier

\_\_\_\_\_  
Policy Number

Important Medical Information (Allergic reactions, etc.)  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

**Emergency Contact**

the event parents cannot be reached:

\_\_\_\_\_  
Name  
( ) \_\_\_\_\_  
Contact Number

I understand that the camp schedule includes strenuous exercise and that my child is in good physical health and is not restricted from participating fully in camp activities. By enrolling my child, I assume all risks in connection with the camp and release the instructors, agents, and operators for any injury suffered by my child, except for gross negligence.

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

\_\_\_\_\_  
Date

Return this form (front and back) along with a non-refundable deposit of \$100 by May 15

Please make checks payable to:  
**Red & White Camp**  
1503 Harrison Avenue Wilmington DE 19809

For more information, contact Sue Heiss at  
302-293-4513  
sheiss@ursuline.org

# Girls' Above the Net Volleyball Camp



At Ursuline Academy



**Rising 8<sup>th</sup> - 12<sup>th</sup> Grade**

**June 24 - June 27, 2019**  
Mon. – Wed. 6:00 pm - 9:00pm  
Thurs. 3:30 – 6:30 pm

*And*

**July 29 - August 1, 2019**  
9:00 am - 2:00 pm

## Camp Philosophy

Summer is the time to improve your volleyball skills and the RED & WHITE VOLLEYBALL camp is the place to do it.

Join us for a week of individual improvement and team competition.

Each camper will receive daily instruction to strengthen fundamental skills, such as passing, setting, serving, and spiking. Campers will participate in modified rally competition. Game competition and contests are included.

This camp is for experienced players (club or CYM) entering Grades 8-12.

## Camp Director

### Susan Heiss

Athletic Director  
Ursuline Academy  
sheiss@ursuline.org

Coach Susan Heiss has coached volleyball at Ursuline Academy for 36 years. She has coached numerous championship teams in addition to receiving the 2004 Coach of the Year Award in Volleyball. Coach Heiss has taught several years of CYM Coaches Clinics and is excited about sharing her volleyball knowledge with our campers. The staff will consist of adult coaches and some of our own players.



## Schedule and Fees

### Session 1

June 24 - June 27, 2019 (Mon - Thur)  
Mon. – Wed. 6:00 p.m. - 9:00 p.m.  
Thurs. 3:30 – 6:30 p.m.  
\$200 Due by May 30

### Session 2

July 29 - August 1, 2019 (Mon - Thur)  
9:00 a.m. - 2:00 p.m.  
\$240 Due by May 30

**\$100 non-refundable deposit due May 15.**  
Fee includes a camp shirt. This non-refundable payment must accompany the application.

Register early to ensure a space at camp. Spaces are limited and will be awarded on a first come, first served basis. Limit: 30 campers

*Campers must abide by all rules and regulations. If a camper is dismissed for good cause, no refund is given.*

## Camp Registration

Red & White Camp  
Girls' Above the Net Volleyball Camp

Name: First Last

Address

City State Zip

Email

Father's Name

( ) ( )

Work Number Cell

Mother's Name

( ) ( )

Work Number Cell

----- Cut here -----

Grade as of September 2019: \_\_\_\_\_

Team(s) Played For: \_\_\_\_\_

**Camp Options:** (Check all the apply)  **Session 1:** June 24 - 27  **Session 2:** July 29 - August 1

**Shirt:**  Adult Small  Adult Medium  
 Adult Large  Adult Extra Large

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