

**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 June 1

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

**Red and White**  
**Volleyball Camp**  
At Ursuline Academy



**Rising 4th - 8th Grade**

**July 29 - August 1, 2019**  
**5:30 - 8:30 p.m.**

## 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 in the fundamentals of volleyball, including passing, setting, serving, and spiking. The staff will make competition fun for all ages and skill levels!

Campers will also participate in modified rally competition, game competitions, and contests.

*Campers should bring a lunch and a water bottle each day. The last day campers may purchase pizza and sodas.*

## Schedule and Fees

### July 29 - August 1, 2019

Monday - Thursday  
5:30 p.m. - 8:30 p.m.  
\$185 Due by June 30

#### \$100 non-refundable deposit due June 1

Fee includes a camp shirt, awards, and prizes. This non-refundable payment must accompany the registration form.

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 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 also 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.

## Camp Registration

Red & White Camp  
Volleyball Camp

Name: First \_\_\_\_\_ Last \_\_\_\_\_

Address \_\_\_\_\_

City \_\_\_\_\_ State \_\_\_\_\_ Zip \_\_\_\_\_

Email \_\_\_\_\_

Father's Name

( ) ( )

Work Number \_\_\_\_\_ Cell \_\_\_\_\_

Mother's Name

( ) ( )

Work Number \_\_\_\_\_ Cell \_\_\_\_\_

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

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

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Cut here  
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How did you hear about us?  Other Camper  Coach  
 Advertisement  Website  Other

Shirt:  Adult Small  Adult Medium  
 Adult Large  Adult Extra Large

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