

2024 Jefferson High School Youth Volleyball Camp



Dates: Monday, July 15th - Thursday, July 18th

Grades/Times: 4pm-6pm (4th-6th grade Fall 2024)
6pm-8pm (7th-8th grade Fall 2024)

Location: Jefferson High School - East Gym
(New Gym)

Cost: \$50 (all campers will get a t-shirt!)
Checks made payable to Jefferson Volleyball

Registration Deadline—Monday, June 24th

Camp Goals:

We will work on fundamental skills such as passing, setting, attacking, serving and defense. Along with these individual skills, we will also work on team offense, defense and serve receive. All while having fun learning volleyball the “J-Hawk” way!

What to wear/bring: Clean tennis shoes, shorts, t-shirt and water bottle; knee pads are optional.

Locker rooms and restrooms will be available.

Questions?

Please contact: Nikki Herman (Head Volleyball Coach)

Email: nherman@crschools.us

This is a private camp not sponsored by the Cedar Rapids Community School District

YOUTH VOLLEYBALL CAMP

Registration due by June 24th!

Player Name: _____

School currently attending: _____ Grade (for 2024-2025): _____

T-Shirt Size (please circle): Youth - M L Adult - XS S M L XL

Parent/Guardian Name: _____

Phone Number: _____ Email: _____

Address: _____

City: _____ State: _____ Zip: _____

Please send payment and registration form to:

Jefferson High School
Attn: Nikki Herman
1243 20th Street SW
Cedar Rapids, IA 52404

Checks can be made payable to: Jefferson Volleyball

Jefferson Volleyball Camp Acknowledgement & Assumption of Risk/ Medical Consent Form

I release the Cedar Rapids Community School District and Jefferson's Coaches from any and all liability for injuries while the above named athlete is at the event. I have no knowledge of any physical condition that would be affected by the above athlete's participation in the training. I have attached any relevant medical information. Also the undersigned and the participant authorize Jefferson coaches to act according to their best judgment in seeking or giving emergency medical attention to the participant the undersigned is registering.

My signature below indicates I have read and understand the waiver statement.

Parent/Guardian Signature: Date