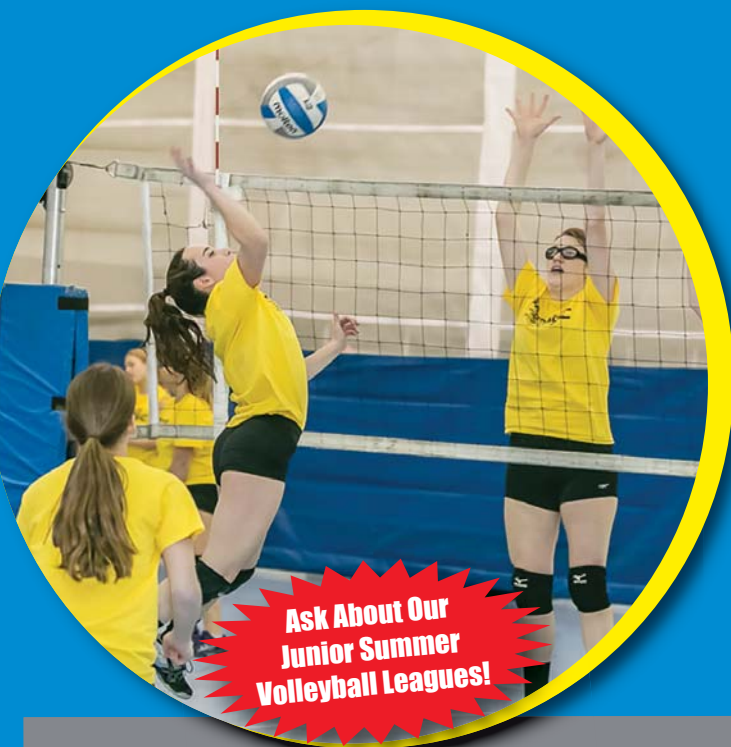




SUMMER CAMP

GIRLS AGES 9-17



SUMMER VOLLEYBALL POSITION CAMPS

SPORTIME is offering several special "Position Camps" during the summer of 2015. Players spend 3 hours working on the skills required to be successful at their specific positions.

Coaches divide players into groups of outside and right side hitters, middle blockers, setters and liberos. In addition to our mixed group sessions, we now offer specific daily options for setters, middle blockers, outside hitters and liberos.



SPORTIME's VBC Summer Volleyball Camp is specifically designed for players, ages 7-17, who want to raise their games to the next level, as they prepare for their middle school, high school or club volleyball seasons. Our expert coaching staff guides players through intense days of circuit training, speed and agility training, team drills and game play.

Coaches teach proper fundamentals of passing, setting, attacking, serving, and defense, as well as proper court position and team strategy. By utilizing our 8 training courts, campers are ensured to train and play with other players at their own skill level.



This summer, we are excited to offer a NEW Pre-Season Volleyball Conditioning Camp. Athletes participate in a comprehensive week-long program that includes stretching, plyometrics, strength, speed and agility exercises. Camp activities take place on the volleyball court and in our new VBC Functional Training Center.

POSITION CAMP DATES

Sundays - July 26th & August 30th
10:00AM-1:00PM

Setters School

Tuesday, Aug. 18th * 1:00-4:00pm

Middle Blocker Boot Camp

Wednesday, Aug. 19th * 1:00-4:00pm

Perfect Passing Camp

Thursday, Aug. 20th * 1:00-4:00pm

Player Fee for all Sessions: \$150
VBC Member Rate: \$110

SAMPLE SCHEDULE

9:00-9:10	Daily Orientation
9:10-9:25	Ball Control Warm Up and Stretching
9:30-10:15	Circuit #1: Passing/Setting/Defense
10:15-11:00	Circuit #2: Attacking/Blocking/ Serving
11:00-11:30	Strength, Speed & Agility Training
11:30-12:30	Team Drills & Scrimmage
12:30-12:55	Lunch
12:55-1:00	Dismissal

CAMP DIRECTORS

JOE SIEGEL, MS ED, CAMP DIRECTOR

Joe has over 20 years experience coaching at the junior club, high school and college levels. He is the Executive Director of SPORTIME VBC.

JOSE BRITO, VOLLEYBALL DIRECTOR

Jose currently oversees all VBC programs, including clinics, camps and SPORTIME VBC. He is also the assistant volleyball coach at L.I.U Post University.

CAMP STAFF

Our camp instructors are comprised of experienced college, high school and club volleyball coaches.

THE TRAINING FACILITY

SPORTIME Bethpage Multi-Sport houses 8 competition volleyball courts with professional SPORTCOURT playing surface, and features high ceilings, court divider curtains and climate control. The facility also offers a volleyball store, snack bar and a viewing mezzanine.

In addition, SPORTIME campers can now take advantage of our newly added Functional Training Center where our certified trainers teach players volleyball specific exercises to increase their strength, speed, agility and explosive power. Our Fitness Center also includes a classroom section where players participate in chalkboard strategy sessions.

REGISTER ONLINE!

Visit www.SportimeCamps.com/VBC
for more information.

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SPORTIME VOLLEYBALL GIRLS CAMP REGISTRATION FORM

Player's Name _____

Parent's Names _____

Home Phone _____ Cell Phone _____

Address _____

Town _____ State _____ Zip _____

E-Mail Address _____

Emergency Contact _____ Emergency Phone _____

Date of Birth _____ Grade Entering Fall 2015 _____

2015 CAMP SESSIONS

Check the session you are interested in:

- ☐ **SESSION 1: \$395** - includes lunch and camp T-shirt.
July 20th-July 24th * 9:00AM-1:00PM
- ☐ **SESSION 2: \$325** - includes camp T-shirt.
July 27th-July 31st * 4:00PM-7:00PM
- ☐ **SESSION 3: \$395** - includes lunch and camp T-shirt.
August 10th - August 14th * 9:00AM-1:00PM
- ☐ **SESSION 4: \$295** - Pre-Season Conditioning Camp
August 17th - August 21st * 10:00AM-12:30PM
\$50 discount if enrolled in a Volleyball Camp Session

**SPORTIME VBC MEMBERS RECEIVE \$50 DISCOUNT
ON ALL CAMP TUITION.**

PAYMENT INFORMATION:

\$200 DEPOSIT PER SESSION REQUIRED

- ☐ **CHECK:** Please make checks payable to: SPORTIME
Mail with application to: SPORTIME Volleyball Camp,
4105 Hempstead Tpke, Bethpage, NY 11714
- ☐ **CREDIT CARD** Circle One: (MC) (AMEX) (VISA)

Credit Card Number _____ Expiration _____

PLEASE COMPLETE THE REVERSE>>>>

PLAYING POSITION

Check the position(s) you are interested in:

- ☐ Outside Hitter ☐ Setter ☐ Middle Hitter
☐ Right Side ☐ Libero ☐ Unsure

Liability Waiver, Assumption of Risk and Release

I understand that there are certain inherent dangers in participating in sports activities that may include permanent disability and death. I have inspected the facilities and equipment prior to participating in any activities to ensure that they are safe. I do hereby waive, release, and forever discharge the club and its officers, agents, employees, representatives, executors and all others from any and all responsibilities or liability from injuries or damages resulting from my child's participation in any SPORTIME activities. I do also hereby release all of those mentioned and any others acting upon their behalf from any responsibility or liability for any injury or damage to my child, including those caused by the negligent act or omission of any of those mentioned or others acting on their behalf or in any way arising out of or connected with my child's participation in any activities of the club or the use of any equipment at the club. I declare my child to be physically sound and suffering from no conditions, impairment, disease, infirmity, or other illness that would prevent my child's participation in sports activities. In case of accident or injury and an emergency contact person cannot be reached, I grant SPORTIME permission to obtain medical attention for my child if necessary, for which I will be financially responsible.

I understand that SPORTIME retains the rights to any photographs or video taken at the facility to be used for publicity or advertising.

Parent's Signature _____ Date _____

How did you hear about SPORTIME? _____



516/731-4432

www.SportimeCamps.com/VBC

ENROLL BY MAIL

Mail completed application, with payment to SPORTIME Volleyball Camp,
4105 Hempstead Tpke, Bethpage, NY 11714

ENROLL ONLINE

Go to www.SportimeCamps.com/VBC for more information.

For Office Use Only

Deposit: Acct# _____ Pmt. Amt.: _____ \$ cc Receipt #: _____

Date: _____ Initials: _____ Sale: _____

OTHER SPORTIME SUMMER JUNIOR VOLLEYBALL PROGRAMS



These programs take place at Bethpage Multi-Sport

SUMMER CLUB TRAINING

Girls, Ages 11-18

MUST HAVE PLAYED CLUB VOLLEYBALL

Thursday Nights * 6:00pm - 8:00pm

8-Week Program * Starts July 9th * \$350 per player

\$295 FOR VBC MEMBERS

SUMMER JUNIOR VOLLEYBALL CLINIC

Boys & Girls, ages 8-17

Monday Nights * 5:30pm - 7:00pm

8-Week Program * Starts July 6th * \$250 per player

VBC IMPACT

Boys & Girls, Ages 11-17

Volleyball-specific strength and conditioning program

Tuesday Nights * 5:30-7:00pm

8-week Program * Starts July 7th * \$225 per athlete

\$175 IF ENROLLED IN CLINIC OR SUMMER CAMP

PRIVATE VOLLEYBALL TRAINING

SPORTIME offers private volleyball training for players interested in receiving one-on-one attention. We offer 1, 5 and 10 session packages, as well as semi-private and small group training.

Ask our Volleyball Director for more information
or to schedule a training session.

QUICKSET VOLLEYBALL STORE

SPORTIME Bethpage Multi-Sport is home to the Quickset Volleyball Store. Quickset carries the latest in volleyball sneakers, knee pads, active ankles, spandex, socks, volleyballs and more.