MOUNT ST. MARY HIGH SCHOOL
Girls VOLLEYBALL Camp
2009

MSM VB 09

Who: Girls, grades 5th - 9th for the 2009 - 2010 school year

When: Wednesday of 15 July to Friday of 17 July
1:00 - 5:00 pm

3 Day Fundamental Camp
This camp will focus on the following basic fundamentals:

- *Passing
- *Serve Receive
- *Setting
- *Blocking
- *Hitting
- *Serving

Where: Mount St. Mary High School Gymnasium
2801 S. Shartel Ave.
Oklahoma City, OK 73109

Purpose:
*To gain a better understanding of the basic fundamentals of the game
*To enhance the development of teamwork and team dynamics
*To learn individual and team concepts

Camp includes:
*Instruction from the Mount St. Mary Coaches and Players
*Concession Stand will be available to campers
*Camp T-shirt (Pre - Registration)

Cost: $ 60.00 per athlete *Please make all checks payable to Lauren Luckowski
Pre-Registration is strongly encouraged to receive a Camp T-shirt

Players need to wear volleyball attire and bring H20 bottle, towel, and snack money

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Name _____ Grade you will be entering 2009 -2010 _____
Address _____ City _____ State _____
Zip _____ Telephone # _____ EMail _____
T-shirt Size: XS S M L XL

☐ Please check box if planning to make your payment on the first day of camp 15 July 2009.

I hereby authorize the directors of the MSM Volleyball Camp to act for me according to their best judgement in any emergency requiring medical attention.

Parent or Guardian _____

For questions or concerns please contact
Coach Lauren Luckowski @
P. 405.361.9632
E. laurengayle13@gmail.com

Send registration & payment to:
Lauren G. Luckowski
Head Volleyball Coach
Mount St. Mary High School
2801 S. Shartel Ave. OKC, OK 73109