

# 2019 Lady Falcons Volleyball Camp



*Hustle, Hit, Never Quit!*

Camp is for all girls who are interested in learning about the game of volleyball!

The coaches are very excited to teach the girls about the game and heighten their excitement about the upcoming seasons!

What will you learn at volleyball camp?

1. Breakdown of Fundamentals
  - Passing
  - Hitting
  - Serving
  - Setting
  - blocking
2. Terminology
3. Game situations
  - Offensive and defensive

What do you need to participate?

1. \$35 Registration fee (Checks made payable to GCMS)
2. Complete REgistration form attached
3. Insurance waiver: Provide a copy of your insurance card -or- sign a release waiver

**Date:** July 15th- July 18th

**Location:** Middle School GYM

**High School:** 8:00-10:00 AM

**3rd-5th grade:** 10:00-11:30 AM

**6th-8th grade:** 12:30-2:30 PM

Please send all checks and camp registration forms to COACH RUBARTS AT GCMS MIDDLE SCHOOL!

316 E 19th St, Gibson City, IL 60936

Contact Coach Rubarts:  
[rubarts.taylor@gcmsk12.org](mailto:rubarts.taylor@gcmsk12.org)

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## *Theme Days*

Each day at camp there will be a prize for the camper that shows the most spirit in their theme day attire! The theme days are to help the girls have fun while also learning valuable skills to help them in the game of volleyball. We hope your camper enjoys their time at GCMS Volleyball Camp!

*Monday*- Wear your **NEON**

*Tuesday*- **Twisted Tuesday**- Dress as wacky as you can!

*Wednesday*- **Wonder Woman Wednesday**- come dressed up as your favorite superhero!

*Thursday*- Wear your **camp shirt!**

# 2019 Lady Falcons Volleyball Camp Registration Form



Camper Name: \_\_\_\_\_

Camper Grade (2019-2020 school year): \_\_\_\_\_

Camper Shirt Size (indicate youth or adult sizes): \_\_\_\_\_

Parent/Guardian Email: \_\_\_\_\_

Parent/Guardian Phone Number: \_\_\_\_\_

Payment Method (circle one):      cash                      check

Date mailed/turned into the office: \_\_\_\_\_

**\*\*Please attach proof of medical insurance and payment.**

**\*\*Registration forms due TO COACH RUBARTS IN THE MIDDLE SCHOOL OFFICE by June 1st\*\***