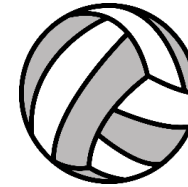


Southside Volleyball Camp
July 26-28, 2021
9:00 am- 12:00 pm
Wachter Middle School Gyms
Cost: \$65 before June 20th, \$70 after
Athletes entering grades 5, 6, 7, 8



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Camp Purpose:

The Southside Volleyball Camp is designed to provide the camper with the opportunity to improve and refine the individual and team skills necessary to compete on a volleyball team. Instruction will be given in the individual skills of serving, passing, setting, attacking, digging, and blocking. Also, team offensive and defensive strategies will be taught and refined.

Equipment:

- Volleyball Shoes
- Shorts, sweatpants, t-shirt, knee pads if desired
- Water Bottle (Water will be provided)

*All athletes will receive a free camp T-shirt

Questions?

Contact Alyssa Steiner

alyssa_steiner@bismarckschools.org or 701-290-0026

Please send registration to:

Southside Fitness and Training

PO Box 2543

Bismarck, ND 58502

Make checks payable to: **Southside Fitness and Training**
(No refund after July 1st)

Registration information:

Participant's Name: _____

Grade (fall of 2021) _____ Shirt Size: _____ Youth/Adult
(Circle one)

Address: _____

City/State/Zip: _____

Parent/Guardian: _____

Phone Number: _____

E-mail: _____

(Please print email address legibly)

I CERTIFY that my child/participant is physically able to participate in all training activities. I understand that there are certain risks of injury inherent with volleyball and I am willing to assume these risks on behalf of my child/ward. Bismarck Public Schools and the Southside volleyball instructors assume no responsibility for accidents or illness including Covid. The Bismarck Public Schools district and coaching staff are not responsible for any medical expense that may incur due to participation. I agree to all of the conditions stated above.

INCLUDING THE CONTRACTING OF OR EXPOSURE TO COVID-19

Parent Signature _____