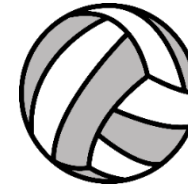


Southside Volleyball Camp
July 25-27th, 2022
9:00 am- 12:00 pm
Wachter Middle School Gyms
Cost: \$65 before June 15th, \$70 after
Athletes entering grades 5, 6, 7, 8



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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 2022) _____ 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 volleyball 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 contracting or exposure to *Covid*. The Bismarck Public Schools district and Southside coaching staff are not responsible for any medical expense that may incur due to participation. I agree to all of the conditions stated above.

Parent Signature _____