

## CAMP DESCRIPTION

The CBC volleyball program is pleased to offer two different camps. The camp is fundamental & advanced skills based with an equal emphasis on learning proper techniques and enjoying the game. Skills that will be covered include, but are not limited to: passing, setting, attacking, blocking & much more.



**2010 Camps**

Each camp will be held in CBC gym. For directions to CBC, please visit: [www.cbchs.org](http://www.cbchs.org)

## Camp Staff

The camp is directed by Jeff Cheak, CBC's Head Volleyball coach. This is his 4<sup>th</sup> season as head coach of the CBC Cadets. Prior to joining the Cadets, he was the assistant coach of Vianney High School winning 7 State Titles and 2 additional titles as a player. Over his 15 plus years of coaching, he has coached several players to Div I scholarships including Olympic Gold Medalist Scott Touzinsky. Joining Jeff Cheak will be Ryan Young, current CBC Assistant Varsity coach, CBC alumnus, and past MBU standout volleyball player.. Several other current and past Div I college volleyball players and past CBC players will be assisting in this year's camp.

## ADDITIONAL INFORMATION

Each camper will need to bring each day:

- Proper volleyball attire
- Water bottle
- Personal towel

### First Session (5<sup>th</sup> – 8<sup>th</sup> Grade)

Date: July 19-22

Time: 5:30 p.m. – 7:30 p.m.

Cost: \$75 per camper

Open to boys entering grades 5 – 8<sup>th</sup> Grade

### Second Session (High School)

Date: July 19-22

Time: 7:45 p.m. – 9:45 p.m.

Cost: \$75 per camper

Open to boys entering High School

Name \_\_\_\_\_ Phone \_\_\_\_\_ Grade next Fall \_\_\_\_\_

Address \_\_\_\_\_ City \_\_\_\_\_ Zip \_\_\_\_\_

School (where you play) \_\_\_\_\_ No of yrs playing \_\_\_\_\_

Emergency numbers \_\_\_\_\_ E-mail address \_\_\_\_\_

T-shirt size (adult sizes) S M L XL

Please mark your choice of camps: 1) CBC - 5<sup>th</sup>, 6<sup>th</sup>, 7<sup>th</sup>, 8<sup>th</sup> Grade or 2) CBC – High School

I hereby authorize the directors of the No Limits Volleyball Camps to act for me using their best judgment in any situation requiring medical attention. I know of no mental or physical conditions which might affect my child's ability to safely participate in the camp. I agree to assume any expenses, medical or otherwise, associated with attendance at the camp. I also agree to comply with the rules and regulations of the camp.

Parent's Signature \_\_\_\_\_

Insurance Co. & Policy Number \_\_\_\_\_

Complete this form and send the \$75 fee (\$35 non-refundable, no refunds 1 week prior to camp) to No Limits Volleyball camps at 10348 Grants Forest, St Louis, Mo. 63123.

**Your cancelled check is your confirmation.**