

2022 Volleyball Registration Form

Camper Name: _____

Home Address: _____

Date of Birth: _____

Grade in Sept: _____

Home Phone: _____

Cell Phone: _____

Work Phone: _____

Email: _____

T-shirt Size (choose one):

Youth Medium

Adult Small

Youth Large

Adult Medium

Adult Large

Adult X-Large

Adult XX-Large

I understand that any camper that does not abide by the rules and regulations of the camp is subject to dismissal without reimbursement or recourse. Camp will not be responsible for any injury or illness if same was not caused through fault of camp. I hereby authorize the director of the camp or his designee to act for me in accordance to their best judgment in any emergency if I cannot be contacted. I hereby state that my son/daughter is in good health and able to perform any necessary physical tasks of camp.

Signature of parent/guardian

Date

FOR MORE INFORMATION, CONTACT:

Brian Phillips

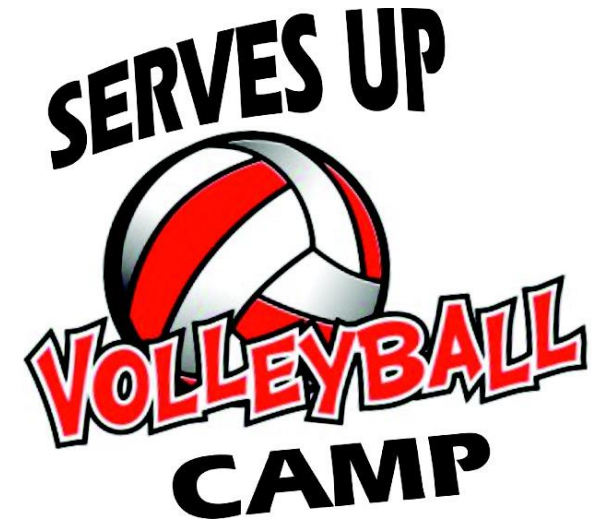
973-953-7631 (cell)

bphillips@lakeland.k12.nj.us

Jim Phillips

201-303-0368 (cell)

“Champions are built, not born. There is no off season for someone on the road to being a champion. There is only preparation and competition.” – Greg Werner



JULY 6-JULY 8, 2022

Monday-Wednesday

9:00am-1:00pm

Boys & Girls

Grades 5-9

Lakeland Regional High School

Wanaque, NJ

SERVES UP CAMP STAFF

BRIAN PHILLIPS

- Current Lakeland Varsity Boys and Girls Volleyball Coach
- Two time Passaic County Volleyball Coach of the Year
- Played college volleyball at Methodist University

JIM PHILLIPS

- Current Lakeland Freshman Girls Volleyball Coach
- Former player at Lakeland Regional High School
- Played college volleyball at Southampton College

COUNSELORS

Current and Former Lakeland High School Varsity players and coaches will be assisting our campers throughout the week.

GUEST SPEAKERS

Each day we will feature a different guest speaker covering specific volleyball topics and drills. Our speakers may include local high school and college coaches, college players, and other volleyball experts.

*The **Serves Up Volleyball Camp** has been designed to instruct all participants in the fundamentals of volleyball. The camp has been created as an opportunity for area players to be exposed to the game of volleyball prior to high school and so players can improve their volleyball skills. We strive to make the camp a fun and positive experience for each participant. Students will go through offensive and defensive drills while working on all phases of the game. It's a complete week of GREAT VOLLEYBALL INSTRUCTION!*

A TYPICAL DAY @ CAMP

8:50am	Camper Drop Off
9:00am	Attendance/Warm-Up
9:05am-9:15am	Stretching
9:15am-10:00am	Stations
10:00am-10:10am	Water Break
10:10am-10:45am	Guest Speaker
10:45am-11:15am	Games/Lunch
11:15am-11:45am	Games/Lunch
11:45am-12:00pm	Contests
12:00pm-12:30pm	Skill Work
12:30pm-12:55pm	Games
12:55pm-1:00pm	Review the Day
1:00pm	Dismissal

CAMP FEATURES

Competition- The campers are categorized by skills and age for their respective fundamental station groups and teams.

Awards- Campers are rewarded for individual contests, most improved, and overall hustle/effort.

Great Location- Lakeland Regional High School gymnasium features 3 full size courts for instruction.

Lunch/Snack- Campers are required to bring their own lunch. Snacks and ice cold drinks will be available for purchase each day at our concession stand.

CAMP COST

\$120.00	per camper (includes t-shirt)
\$95.00	for 2 nd child



SAVE \$20.00

Send in your registration and payment by May 31st and receive our special pricing of \$100.00!

Checks made payable to: **Triple Threat Camp**

Mail registration form and payments to:

17 Voorhis Place

Ringwood, NJ 07456