

**ATHLETES ENTERING GRADES 2-9
ARE WELCOME!**

**ALL CAMPERS WILL BE GROUPED
ACCORDING TO AGE**

**INCOMING 9TH GRADERS WILL NOT
PARTICIPATE WITH ANY OTHER
GRADE**

CAMP CONCENTRATIONS:

- **PROPER ATTACKING/HITTING
FORM**
- **PROPER PASSING FORM**
- **PROPER SETTING FORM**
- **PROPER SERVING FORM**
- **ROTATION PRACTICE**
- **GAME SIMULATIONS**
- **DEFENSE TRAINING**
- **AGILITY DRILLS**
- **COMPETITIVE ACTIVITIES**

RAIDER VOLLEYBALL



**Camp Director:
Adrienne Stack
Head Varsity
Volleyball Coach
Scotch Plains-Fanwood
High School**

Questions?

Please contact via email

Raidervolleyballcamp23@gmail.com

SPF P.A.L. 2023 RAIDER VOLLEYBALL CAMP



LOCATION:

**SCOTCH PLAINS-FANWOOD HIGH SCHOOL
LOWER GRASS FIELDS**

DATE:

**MONDAY, JUNE 26th--THURSDAY, June 29th
Rain date Friday 30th**

Camp Staff:

**SPFHS Coaching Staff (GIRLS AND BOYS' TEAMS)
SPFHS Volleyball Alumni**

This camp is independent and not affiliated with the Scotch Plains-Fanwood Board of Education. Participation is in no way a requirement for students wishing to play on the District sports teams.

GO RAIDERS!!

The SPFHS Varsity Volleyball Program takes great pride in working hand in hand with the Scotch Plains-Fanwood P.A.L. program! Both organizations are committed to the betterment of athletics and the community of Scotch Plains-Fanwood!

The Scotch Plains-Fanwood P.A.L. Raider Volleyball Camp is designed to teach the fundamentals of volleyball and a love for the game.

General volleyball rules, strategy and sportsmanship will be stressed.

We take pride in teaching our athletes the importance of hard work, responsibility and competition.

We believe these skills translate into future success in athletics, but more importantly, in life.

Ages: Upcoming Grades 2-9

Fees: \$160

*fee includes a camp T-shirt

COPS FOR KIDS!!

REQUIRED ITEMS

- T-shirt
- Kneepads (optional)
- Athletic Sneakers
- Water Bottle(s)
- Light Snack/Fruit (nut free)

CAMP SCHEDULE

- DAILY: Campers should be dropped off and checked in by parent/guardian FOR GRADES 2-5 at 8:45AM at the LOWER GRASS FIELD (at SPFHS). Camp will begin promptly at 9:00AM

- Campers will be picked up at 12:00 (by a parent/guardian FOR GRADES 2-5 at the same location)

9:00-9:15 – Warm up/stretch

9:15-9:20 – Water Break

9:20-9:50 – Agility Stations

9:50-10:00 – Water Break/Talk

10:00-10:25 – Skill Stations/Offense

10:25-10:35 – Water Break/Talk

10:35-11:00 – Skill Stations/Defense

11:00-11:05 - Water Break/Talk

11:05-11:55 – Competitive Play

11:55-12:00 – Final Thoughts

*All campers will receive instruction in all offensive and defensive positions. We believe all volleyball players should learn how to hit, serve, pass a volleyball, etc.

PAL RAIDER VOLLEYBALL CAMP

Application Form

NAME (PRINT): _____
AGE: _____ DOB: _____
GRADE IN SEPTEMBER 2023: _____
ADDRESS: _____
CITY: _____
HOME PHONE: _____
CELL PHONE: _____
EMAIL: _____

Shirt size (circle one):

(YL) (AS) (AM) (AL) (XL) (XXL)

CHECKS PAYABLE TO: ADRIENNE STACK

AMOUNT RECEIVED: _____

CHECK: _____ CASH: _____

PARENTS/ GUARDIAN NAME

(PRINT) _____

PARENT

SIGNATURE: _____

____ I do hereby give my child (ward) permission to participate in all activities in the SPF PAL Volleyball Camp. I do hereby waive, release and discharge Scotch Plains Fanwood High School and SPF PAL Volleyball Staff of any rights to claim damages resulting in an injury to persons or property that may be sustained or suffered by my child in connection with or participation in or arising out his/her traveling to and from the Scotch Plains Fanwood Volleyball Camp. I agree to the above waiver and join herein .

MAIL ALL APPLICATIONS TO:

Raider Volleyball Camp

PO Box 499

Berkeley Heights, NJ 07922