



DELTON KELLOGG SUMMER TRAINING 2010

OK, HERE'S THE SKINNY ON HOW WE GET TO BE THE BEST WE CAN BE! BEING SUCCESSFUL BY BEING THE BEST YOU CAN BE IS WHAT THIS PROGRAM IS ALL ABOUT. WE AREN'T OFFERING ANY CANDY COATED FORMULA OR OFF THE WALL PREDICTIONS. THIS IS NOT AN OVER NIGHT PROJECT OR SEVERAL DAYS OF DEDICATION AND HARD WORK SO YOU WILL BE ABLE TO OBTAIN YOUR DREAMS! HOWEVER, WITH OUT HARD WORK, YOU MAY END UP WITH NOTHING BUT A DREAM. ONLY YOU CAN DO THIS, NOBODY ELSE CAN DO IT FOR YOU! IF YOU'RE WILLING TO WORK HARD AND MAKE THE NECESSARY SACRIFICES, YOU CAN DO IT. HOLD ON TO YOUR DREAMS, THEY'RE VERY IMPORTANT. GO OUT AND MAKE THOSE DREAMS COME TRUE. YOUR DRIVE TOWARD SUCCESS MUST BE A SUSTAINED AND CONTINUOUS EFFORT. WE HAVE ONLY ONE SECRETS TO OFFER: YOU AND YOUR TEAMMATES HARD WORK MAKES DREAMS COME TRUE! SUCCESS KNOWS NO SHORTCUTS!

"BIG CAT" SUMMER WORKSHOP

THIS IS OPEN TO (9 -12 grade) DELTON STUDENTS WHO ARE INTERESTED IN PLAYING VOLLEYBALL ON THE JUNIOR VARSITY OR VARSITY LEVEL AND ALL INCOMING FRESHMEN WHO WANT TO PLAY ON THE FRESHMEN TEAM . THERE IS NO COST FOR THIS CLINIC. Dates:

**JUNE 9, 10, 11,
JULY 8, 12, 13, 14, 15, 19, 20, 21, 22, 26, 27, 28, & 29
9:00-11:00 @ DELTON HIGH SCHOOL GYM**

**June 14, 15, 16
3:00-5:00 @ DELTON KELLOGG HIGH SCHOOL GYM**

WE WILL FOCUS ON ALL THE SKILL AREAS AND I WOULD ENCOURAGE YOU TO ATTEND IF YOU HAVE ANY INTEREST IN PLAYING VOLLEYBALL NEXT YEAR. IF YOU CAN FIT THIS INTO YOUR BUSY SCHEDULE PLEASE TRY AND DO SO!

**POSSIBLE TEAM CAMPS- COST WILL VARY!
JULY 9-11 VARSITY TEAM SPIKE-OFF CAMP @ WMU
JULY 21-22 VARSITY COMPETITIVE TEAM CAMP @ THE DUNES**

******* SUMMER MAD VEZ STRENGTH & CONDITIONING @THE HIGH SCHOOL
High School Players - July 26th-30th & August 2nd - 6th (FREE)7-8 p.m.
Middle School Players Aug. 2nd - 6th (FREE)6-7 p.m.
HAVE A GREAT SUMMER AND NEVER STOP LEARNING**

COACH MAGELSEN

5th & 6th Grade Camp

The camp is designed to introduce volleyball to our younger players by teaching them the skills of ball control, attacking and serving. We will emphasize proper techniques, teamwork, & fun!

Date: June 9, 10, 14 & 15 Time: 12:15-1:30
Location: High School Gym Cost: \$25.00

7th & 8th Grade Camp

The camp will totally immerse the player in the sport. A high level of instruction with proper mechanics & practice time in each skill area will be taught for attacking, passing, digging, setting, serving, and blocking. We will emphasize the combination of these skills, teamwork and fun!

Date: June 9, 10, 14 & 15 Time: 1:30-3:00
Location: High School Gym Cost: \$35.00

7th & 8th Grade Setting or Attacking Camp

A player will choose setting or attacking. Each will have a strong emphasis on proper techniques and mechanics of each skill, dynamic footwork, and plenty of ball contacts. All the focus will be on one skill, setting or attacking.

Date: July 27, 28 AND 29 Time: 11:00 –12:30
Location: High School Gym Cost: \$30.00

-----Please Return Lower Portion-----Bring to 1st day of camp-----

Camper Name/Phone _____

Grade in 2010/2011: 5th, 6th, 7th, 8th (please circle one) T-shirt size (please circle one) Adult: XS S M L XL

Parents/Guardians please read & sign

I hereby authorize the staff of the Delton Kellogg Volleyball Camp to act according to their best judgment in an emergency requiring medical attention and hereby waive and release the Camp and Delton Kellogg Schools from any and all liability for any injuries or illness while at camp.

Parent/Guardian Signature/Emergency Phone _____

Please bring applications and payment to the 1st day of camp. Please make checks payable to Delton Kellogg Schools. For additional questions please contact Head Volleyball Coach, Jack Magelssen at 808-8080 or e-mail at jmagelss@dkschools.org.