



# Richmond Volleyball Club 2009 Girl's HP Camp



## USAV Girl's High Performance Camp

RVC will offer an USA Volleyball (USAV) Regional High Performance Camp this year with an athletic trainer on site for girls. The camp will be modeled after the National High Performance Camp using the present USA National Team systems. The camp will provide the highest level training possible with a one to eight or less camper to coach ratio. There will be sixteen hours of instruction during the weekend camp.

The camp will be under the direction of Patrick Nicholas, assistant women's coach for Marshall University and former head women's coach for Lehigh and Troy State University. Mr. Nicholas has had extensive experience with USA Volleyball and its high performance programs. He has been the head coach for the National High Performance Camp, Women's A2 team and has been the lead coach for several national high performance tryouts. He will be assisted by Marci Jenkins, head women's coach, Radford University.

The top USA Select aged camper from the Old Dominion Region (born 1994, 1995 and after) will be selected to attend the National USA Select A2 Camp (Date and site are to be determined at a later time by USA Volleyball) with transportation provided by RVC. The individual will be responsible for all camp fees (with a small portion to be reimbursed by the Old Dominion Region).

The top youth or junior national aged camper from the Old Dominion Region (born in 1990 and after) will be selected to attend a National Development Camp. The individual will be responsible for all camp fees (with a small portion to be reimbursed by the Old Dominion Region. The site(s) for this camp are yet to be determined.

## **USAV Girl's High Performance Camp**

Friday, June 5	RVC West	6:00pm - 9:00pm	No meals are provided
Saturday, June 6	RVC West	9:00am - 11:30am	No meals are provided
		1:30pm - 4:30pm	No meals are provided
Sunday, June 7	RVC West	6:30pm - 8:30pm	No meals are provided
		9:00am - 11:30am	No meals are provided
		1:00pm - 4:00pm	No meals are provided

### \*\*\*\*\* Registration Fee \*\*\*\*\*

\$300 for non USAV member

\$275 for USAV member

\$250 for USAV Old Dominion Region member

**Make checks payable to "RVC"**

*Space can be limited*

### **RVC West Address**

1907 Westmoreland Street, Richmond, VA 23230

**Individuals withdrawing from a camp by the May 9, 2008 will receive a refund of \$190.**

**Withdrawing after that date, including no shows, will not be eligible for a refund for any reason.**

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**USAV Girls HP Camp - \$300 non USAV member / \$275 USAV member / \$250 Old Dominion Region Member**

Name: \_\_\_\_\_ USAV # \_\_\_\_\_  
Address: \_\_\_\_\_ Year Born \_\_\_\_\_  
City: \_\_\_\_\_ Zip: \_\_\_\_\_ Phone: \_\_\_\_\_  
Email: \_\_\_\_\_  
School: \_\_\_\_\_ Coach: \_\_\_\_\_  
Club: \_\_\_\_\_ Coach: \_\_\_\_\_

### Emergency Contact Information:

Name: \_\_\_\_\_  
Home Phone \_\_\_\_\_ Work \_\_\_\_\_ ext. \_\_\_\_\_ Cell Phone \_\_\_\_\_

Please return registration form and proper payment to RVC at:

**1907 Westmoreland Street, Richmond, VA 23230**

**Call (804) 358-3000 for more information!**

**www.rvc.net**