



Richmond Volleyball Club 2009 Summer Camps



Summer Camp for Setter Training

RVC will offer a setting camp this year with an athletic trainer on site for boys and girls. The camp will provide specific training for setters to include movement, hand position, and will be excellent preparation for the upcoming high school tryouts. Each camper will set thousands of balls each day. The camps will be under the direction of Jackie Murphy, assistant women's coach for Radford University. Ms. Murpy a former Mills Godwin High School varsity girl's volleyball athlete went on to star at West Virginia Wesleyan College where she was a four year starter. She was named to the All-West Virginia Intercollegiate Athletic conference as a setter for three of her four years. This camp will also be staffed by area high school coaches, RVC junior coaches and collegiate players. The camper to coach ratio will not exceed eight to one and the facilities are air-conditioned.

Setter Camp (13 - 18 years old)

Saturday, July 18 - Monday, July 20	RVC West	9am - 3pm	(lunch is not provided)
Saturday, July 25 - Monday, July 27	RVC West	9am - 3pm	(lunch is not provided)

Ages are estimates. Camps are intended for preparation of the upcoming high school season

******* Registration Fee *******

\$175 for non members
\$155 for RVC members
\$300 for both camps
Make checks payable to "RVC"

Each camper who registers by June 5 will receive a free T-shirt.
Space can be limited

RVC West Address
1907 Westmoreland Street, Richmond, VA 23230

Individuals withdrawing from a camp by the June 8, 2009 will receive a refund of \$85.
Withdrawing after that date, including no shows, will not be eligible for a refund.

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July 18 - July 20 _____ July 25 - July 27 _____
(please check the appropriate date)

Name: _____

Mailing Address: _____

City: _____ Zip: _____ Phone: _____

Email: _____

Grade (Fall 2009): ____ School Attending: _____ Date of Birth: _____

T-shirt Size (circle one): **XXLarge** XLarge Large Medium Small **YXL (18/20)** YL (14/16) YM (10/12)
T-shirts cannot be exchanged for a different size once ordered. Additional shirts can be purchased for \$10.

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 358-3000 for more information!
www.rvc.net