



Richmond Volleyball Club 2010 Girl's High Performance 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, head women's coach for University of North Carolina Greensboro and former head women's coach for Lehigh University where he lead his team to a Patriot League Championship in 1997 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 head women's coach for Radford University, and former head coach at Chowan University where in 2007 she lead her team to a 27-11 overall record. Ms. Jenkins has been assisting in the High Performance camp for the past 8 years.

The top USA Select aged camper from the Old Dominion Region (born 1996, 1997 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 1995 and before) 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 4	RVC North	6:00pm - 9:00pm	No meals are provided
Saturday, June 5	RVC North	9:00am - 11:30am	No meals are provided
		1:30pm - 4:30pm	No meals are provided
Sunday, June 6	RVC North	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
\$280 for USAV member
\$260 for USAV Old Dominion Region member

Make checks payable to "RVC"
Space can be limited

RVC North Address

2921 Byrdhill Road; Henrico, VA 23228

***Individuals withdrawing from a camp by the May 7, 2010 will receive a refund of \$180.
Withdrawing after that date, including no shows, will not be eligible for a refund for any reason.***

USAV Girls HP Camp - \$300 non USAV member / \$280 USAV member / \$260 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:

**2921 Byrdhill Road; Henrico, VA 23228
Call (804) 358-3000 for more information!
www.rvc.net**