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## MEDICAL INFO & WAIVER

MUST BE COMPLETED PRIOR TO CAMP

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Please list any medical information we should be aware of (allergies, diabetes, recent injuries, etc.)

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\_\_\_\_\_

\_\_\_\_\_

Emergency Name: \_\_\_\_\_

Emergency Number: \_\_\_\_\_

*I hereby authorize the staff of Lockwood Volleyball Camp to act for me according to their best judgment in any emergency and release the camp from any and all liability for any injuries and illness incurred while at camp.*

\_\_\_\_\_

Parent/Guardian Signature

Date: \_\_\_\_\_

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ALL REGISTRATION FORMS AND DEPOSITS MUST BE RECEIVED BY JUNE 30, 2018 TO GUARANTEE TSHIRTS.

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## Did you...?

\_\_\_\_ Send in registration form

\_\_\_\_ Send in \$10 deposit by June 30

\_\_\_\_ Pay remaining balance after July 1

*Remaining \$40.00 balance due **after July 1, 2018**. This ensures we can credit your fee to the 2018-2019 school year.*

*Pay online at <http://www.lockwoodschool.org> or in the administration office by cash or check made to Lockwood School.*

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## Please bring the following to camp:

- ✓ Gym attire
- ✓ Gym shoes
- ✓ Water bottle
- ✓ Knee pads if you have them
- ✓ A good attitude

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# Lockwood Volleyball Camp

JULY 23 – 27, 2018  
AUGUST 6 – 9, 2018  
\$50.00



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## INDIVIDUAL & TEAM SKILLS CAMP

Our five-day camp is designed to introduce and advance each player's volleyball knowledge. Players will learn the fundamentals and varying levels of individual and team skills. These same skills will be used through the middle school program and will continue through high school. Any girl entering 6-8<sup>th</sup> grade in the 2018-2019 school year and interested in playing volleyball is encouraged to attend. Please note incoming 6<sup>th</sup> grader will be split with two days at camp and two days at clinic.

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## ADVANCED CLINIC

New this year is our refresher clinic for 7<sup>th</sup> and 8<sup>th</sup> grader. This consists of two days of advanced team and individual skills followed by two days of coaching elementary aged kids basic volleyball skills. Players are required to help with the Little Lions Camp if attending the refresher clinic.

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## LITTLE LIONS CAMP

Also new this year is a Little Lions camp for elementary aged children. We want to strengthen our sense of community within our school by introducing elementary children to volleyball and to our players as role models. Our 7<sup>th</sup> and 8<sup>th</sup> graders will be assisting with this K-6 camp with the help of our coaching staff.

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## CAMP SCHEDULE

DAY 1	8:00AM	CHECK IN
	8:30 – 11:30AM	INTROS INDIVIDUAL SKILLS
	1:00 – 4:30PM	REVIEW INDIVIDUAL SKILLS
DAY 2	8:30 – 11:30AM	INDIVIDUAL SKILLS
	<b>**END OF CAMP FOR 6<sup>TH</sup> GRADE</b>	
	1:00 – 4:30PM	ADVANCED INDIVIDUAL SKILLS
DAY 3-5	8:30-11:30AM	TEAM SKILLS
	1:00 – 4:30PM	INDIVIDUAL/ TEAM GAMES & DRILLS

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## CLINIC SCHEDULE

DAY 1	8:00AM	CHECK IN
	8:30 – 11:30AM	INDIVIDUAL SKILLS
	1:00 – 4:30PM	REVIEW TEAM SKILLS
DAY 2	8:30 – 11:30AM	TEAM SKILLS
	1:00 – 4:30PM	TEAM GAMES
DAY 3-4	8:30-11:30AM	LITTLE LIONS CAMP K-3 <sup>RD</sup> GRADE
	1:00 – 4:30PM	LITTLE LIONS CAMP 4-6 <sup>TH</sup> GRADE

# Registration

PLAYER NAME \_\_\_\_\_

EMAIL \_\_\_\_\_

(CONFIRMATION WILL BE SENT VIA EMAIL)

ADDRESS \_\_\_\_\_

CITY \_\_\_\_\_

PARENT/GUARDIAN \_\_\_\_\_

PHONE \_\_\_\_\_

EMERGENCY PHONE \_\_\_\_\_

GRADE (FALL '18) \_\_\_\_\_

T-SHIRT SIZE (CIRCLE ONE)

ADULT: S      M      L

## Grade 6

PLEASE CHECK ONE OR BOTH.

*\*Attendance at camp is recommended  
but not required for clinic*

Camp      July 23 & 24

Clinic      August 8 & 9

## Grade 7 & 8

PLEASE CHECK CAMP OR BOTH.

*\*Players must attend camp to attend clinic and are  
required to help with Little Lions camp.*

Camp      July 23 & 24

Clinic      August 6 & 7

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SEND \$10 DEPOSIT

(CASH OR CHECK MADE OUT TO RANDEE  
OCHINERO) WITH COMPLETED

REGISTRATION FORM TO:

RANDEE OCHINERO, 1029 BARBARA DR.,  
BILLINGS MT 59101