



Orange High School

MIDDLE SCHOOL

VOLLEYBALL CAMP

July 12 – July 15, 2021



Please note: Due to everchanging procedures, we will be sending an email with COVID-19 protocols closer to the date of the camp.

CAMP INFORMATION

Girls ages: 8-14 (up to rising 9th graders)

Location: Orange High School
500 Orange High School Rd.
Hillsborough, NC 27278

Date: Monday, July 12 – Thursday, July 15

Cost: \$85.00

Dress: Gym shorts, T-shirts, athletic shoes, and knee pads

Food: Bring your own snacks and water – there will be multiple breaks for snacks and water. There will be no official lunch break since the morning session ends at 12pm and the afternoon session starts at 1pm.

T-Shirt: All campers registered in advance will receive a free Orange Camp t-shirt!
Day-of registrations accepted only if space allows (T-shirt not guaranteed).

Camp instructed by:

- Kelly Young - OHS Head Varsity Coach
- Rachel Fort - OHS Head J.V. Coach
- Holly Sherburne – OHS Assistant Coach
- Alicia Harris – OHS Assistant Coach
- OHS Volleyball Program Alumni

***In order for your child to get the best experience from this camp, we will place girls into the groups that best fit their needs.*

CAMP SCHEDULE

Time: **Morning Session: 9:00am – 12:00pm**

Who: Rising 3rd through rising 6th graders

***contact coaches if you have a younger athlete with a stronger skill set for placement in the afternoon session*

Afternoon Session: 1:00pm – 4:00pm

Who: Rising 7th through rising 9th graders

Camp format includes:

- Fundamentals
 - Passing
 - Serving
 - Setting
 - Hitting
- Stations
 - Conditioning
 - Volleyball skill work
- Combination Drills
- Communication Drills
- Team Instruction
 - Offensive
 - Defensive
- Team Competition

If you need more information or have any questions, please contact:

Kelly Young or Rachel Fort

Emails: kelly.young@orange.k12.nc.us
rachel.fort@orange.k12.nc.us

Volleyball Camp Registration Form

Camper's name: _____

Parent's name: _____

Address: _____

Email: _____

Phone (H): _____ Phone (C): _____

Age (at time of camp): _____ Date of Birth: _____

Grade Entering: _____ School: _____

Camper's T-Shirt (circle one): YL S M L XL

Check the appropriate level:

___ Beginner (0 - 1 years) ___ Experienced (2 - 3 years)

___ Advanced (4 or more years)

Circle Appropriate Session Based on Age/Experience:

Morning Session Camper Afternoon Session Camper

Payment/Deposit Information

Full payment of \$85 must accompany each registration to consider registration complete. Space is limited, so please try to complete this form and return it in a timely manner. **Please make checks payable to: Orange High School.**

Checks should be mailed with registration to:

Orange High School – Athletic Dept.

ATTN: Volleyball Camp

500 Orange High School Road

Hillsborough, NC 27278

Medical Information

The undersigned being a parent or legal guardian of the child requesting camp admittance, does hereby affirm that the applicant is in good health and suffers from no illness, disability, or condition that requires the taking of medication on a regular basis unless that condition is disclosed and approved. Furthermore, the undersigned has no knowledge of any reason that the applicant cannot participate in vigorous physical activity.

The undersigned hereby expressly agrees to be responsible for any medical bills included in the treatment of any illness or accident. In the event of any such accident or illness, I hereby consent to allow any of the camp supervisors to procure any medical treatment deemed advisable on behalf of my child or ward without prior consent. Orange High School provides no primary medical insurance. Understand that as a condition of admittance as a student, the undersigned of the applicant hereby releases Orange High School and all other employees or agents of the camp from any and all liability from injury suffered by the student during or related to the clinic.

NAME OF CHILD/PARTICIPANT (PLEASE PRINT)

SIGNATURE OF PARENT/GUARDIAN

Emergency contact's name and phone, if parents can't be reached

C
U
T
O
N
T
H
I
S
L
I
N
E
A
N
D
R
E
T
U
R
N