

INSIDE OUT VOLLEYBALL



INSIDE-*Out*
JUNIORS



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2018 SUMMER VOLLEYBALL CAMPS

Setters Camps

July 12 & 13

5th-8th Grade 3:00-5:00 pm

9th-12th Grade 1:00-3:00 pm

Hitters Camps

July 12 & 13

5th-8th Grade 3:00-5:00 pm

9th-12th Grade 1:00-3:00 pm

High School Boot Camp

August 6 & 7

2:30-5:30 pm

Middle School Boot Camp

August 20 & 21 Monday & Tuesday

5:00-7:00 pm

HEAD INSTRUCTORS:

Rick Rykse

- Muskegon Community College Head Coach
- Club Director Inside Out Juniors
- Inside Out Juniors Master Coach/18 National Coach
- Ravenna H.S. Head Coach 2001 - 2005
- Davenport University Head Coach 2006- 2009

Lindsey Balcom

- Muskegon Community College Assistant Coach
- MPVA Top Ranked Pro Beach Volleyball Player
- Played at MCC and Aquinas College

*Other instructors include Inside Out Juniors Coaches and former players currently playing in college.

SETTERS CAMP

* July 12 & 13

- Thursday & Friday
- Grades 5-8 3:00-5:00 pm
- Grades 9-12 1:00-3:00 pm
- \$50 per player

This camp is geared for the serious volleyball player who wants to focus on improving their setting skills and learn how to run an offense.

**HIGH SCHOOL BOOT CAMP
Grades 9-12**

* August 6 & 7 Mon. and Tues.

- 2:30-5:30 pm
- \$60 per player / Limit of 50 players

This camp is designed to get you ready for high school volleyball try-outs. High intensity camp geared toward high repetitions and some team play. Conditioning and jump training included.

**Beach Club Girls & boys Grades 8th-12th
- MIDDLE SCHOOL BOOT CAMP
Grades 6-8**

* August 20 & 21

- Monday & Tuesday 5:00-7:00 pm
- \$40 per player / Limit of 50 players

This camp is designed to prepare girls for school tryouts. High repetition drills plus conditioning and strength training.

HITTERS CAMP

* July 12 & 13

- Thursday & Friday
- Grades 5-8 3:00-5:00 pm
- Grades 9-12 1:00-3:00 pm
- \$50 per player

This camp is geared for the serious volleyball player who wants to focus on becoming a more dynamic hitter both from the front and back row.

Questions?? Call (231)739-3311 or email isovolleyball@gmail.com

www.insideoutvolleyball.org

INDIVIDUAL REGISTRATION

Name _____ E-mail _____

Address _____ Grade ____ T-Shirt Size: Adult XS S M L XL School _____

City _____ Zip _____ Phone _(_____) _____

All camps are filled on a first come, first serve basis. Payment reserves your spot. Cancellations less than two weeks before camp will receive no refund. If more than 2 weeks, you will receive 50% of the total cost refunded.

Please circle all camps that apply:

I. Setters Camp-\$50
July 12 & 13
--- grade 5-8
---grade 9-12

II. Hitters Camp-\$50
July 12 & 13
---grades 5-8
---grades 9-12

III. High School Boot Camp-\$60
August 6 & 7
2:30-5:30pm

IV. Middle School Boot Camp Session-\$40
August 20 & 21
5:00-7:00 pm

Mail form and payment to:
Inside Out Volleyball
3367 Hoyt Street
Muskegon, MI 49444

Form of payment: Cash Check
Visa/MC/Discover _____

Exp. Date _____ 3 Digit _____

Signature: _____