**INSIDE OUT VOLLEYBALL**  ****

**2019 SUMMER VOLLEYBALL CAMPS**

**Elite Setters Camps**

July 29,30,31 Aug. 1

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

**Hitters Camps**

July 31 Aug. 1

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

**High School Boot Camp**

August 5 & 6 Monday & Tuesday

2:30-5:30 pm

**Middle School Boot Camp**

August 19 & 20 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.

### Elite SETTERS CAMP

\* July 29,30,31, Aug. 1

- Monday - Thursday

- Grades 9-12 1:00-3:00 pm

- $100 per player

This camp is geared for experienced setters and will focus on improving their setting skills and learn how to run a faster offense. Will also include some classroom sessions.

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### HITTERS CAMP

\* July 31-Aug. 1

- Wed & Thur

- Grades 9-12 1:00-3:00 pm

- $60 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.

**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:

1. Setters Camp-$100 II. Hitters Camp-$60 III. High School Boot Camp-$70 IV. Middle School Boot Camp Session-$50

July 29-Aug 1 July 31-Aug 1 August 5 & August 19 & 20

--- grade 9-12 ---grades 9-12 2:30-5:30pm 5:00-7:00 pm

1:00-3:00 pm 1:00-3:00 pm

Mail form and payment to: Form of payment: Cash Check

Inside Out Volleyball Visa/MC/Discover\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ Exp. Date \_\_\_\_\_\_\_\_\_\_\_\_ 3 Digit \_\_\_\_

3367 Hoyt Street

Muskegon, MI 49444 Signature:\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

### HIGH SCHOOL BOOT CAMP Grades 9-12

\* August 5 & 6 Mon. and Tues.

- 2:30-5:30 pm

- $70 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.

**Questions?? Call (231)739-3311 or**

**email** [**isovolleyball@gmail.com**](mailto:isovolleyball@gmail.com)

[**www.insideoutvolleyball.org**](http://www.insideoutvolleyball.org)

**Beach CLUB**

### Middle SCHOOL BOOT CAMP Grades 6-8

\* August 19 & 20

- Monday & Tuesday 5:00-7:00 pm

- $50 per player / Limit of 50 players

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