

# INSIDE OUT VOLLEYBALL



## 2019 SUMMER VOLLEYBALL CAMPS

### **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.

**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.

**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.

Questions?? Call (231)739-3311 or  
 email [isovolleyball@gmail.com](mailto:isovolleyball@gmail.com)  
  
[www.insideoutvolleyball.org](http://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:

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| I. Setters Camp-\$100<br>July 29-Aug 1<br>--- grade 9-12<br>1:00-3:00 pm | II. Hitters Camp-\$60<br>July 31-Aug 1<br>---grades 9-12<br>1:00-3:00 pm | III. High School Boot Camp-\$70<br>August 5 &<br>2:30-5:30pm | IV. Middle School Boot Camp Session-\$50<br>August 19 & 20<br>5:00-7:00 pm |
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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: \_\_\_\_\_