

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.

**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:

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| 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: _____