



Norfolk State University 2009 Beach Volleyball Camp



When: June 22-25, 2009

8 a.m. - 11 a.m.

Where: Virginia Beach Ocean Front at 33rd Street

Who: Girls ages 13 and up

Cost: \$100

Camp Limit: 20 Campers

About the Camp

The NSU Volleyball Beach Camp is a unique beach volleyball training experience that is designed for volleyball players who are looking to improve in indoor or beach volleyball. The camp is highly individualized and coached by NSU assistant volleyball coach, Brandon Duvall.

What to Bring

- Sunscreen
- Hat/visor and sunglasses
- A bag or backpack to carry personal belongings
- Footwear to walk to and from the parking lot, restrooms and courts
- Beach towel or mat
- Light snacks (energy bars, dry cereal, fruit)
- Personal beverages (water will also be provided on-site)
- Sand socks or regular white socks (optional)

Special Instructions/Recommendations

- Please put your name and identifying information on the inside of your bag. We are not responsible for lost or theft of personal items.
 - There will be regular breaks between drills and activities for snacks and water.
- Wear a swimsuit or other beach-appropriate clothes (swim suit/shorts, tank top/t-shirt). It is recommended that you wear light colors to reflect sunlight and keep you cooler.
- The camp staff is not responsible for monitoring personal medications. The camp staff is not authorized to dispense, hold or monitor any medications under any circumstances. If you have a medical condition that requires you to have medication available to you on site, please notify the Site Director and make proper arrangements to have adequate doses of medication available to you.
- Space is limited. To reserve a space in the camp, contact Coach Fry at (757) 823-2804 or at jcfry@nsu.edu.



NSU 2009 Beach Volleyball Camp Registration Form



Name _____ DOB _____ Age _____

Address _____ City _____ State/ZIP _____

Parent/Guardian _____ Home/Cell Phone _____

School _____ Grade _____

Primary/Secondary Position(s) _____ Dominant Hand _____

No. of Years Playing Volleyball _____

Club Team _____ No. of Years on Club Team _____

- Please make checks or money orders payable to NSUAF-Volleyball.
- Registration forms can be returned by mail to: NSU Volleyball, 700 Park Avenue, Norfolk, VA 23504
- Registration forms will be accepted at the camp, but they **MUST** be accompanied by the registration fee.

I hereby authorize the director of the NSU 2009 Volleyball Summer Camp to act in any emergency requiring medical attention. My child is physically able to participate in volleyball camp activities according to our family physician.

I will not hold Norfolk State University, the Norfolk State University Athletics Department, the coaches/instructors, or the NSU 2009 Volleyball Summer Camp responsible for any liability due to injuries resulting from participation in the NSU 2009 Volleyball Summer Camp. I realize any injuries resulting from this clinic will be covered by my family's health insurance and/or clinic insurance.

Parent's Signature

Date