

# **Gustavus Advanced Positional Training Camp**

## **9<sup>th</sup> – 10<sup>th</sup> grade**

### **July 26 – 28, 2020**

*\*Registrations due by July 10, 2020*

***New revised format! THREE days of advanced positional training for 9<sup>th</sup> and 10<sup>th</sup> graders!***

#### **4 On-Court Skills Sessions:**

- Gustavus College coaches, elite club and high school coaches, and Gustavus College players offer advanced positional skills training for campers. This camp will focus on training core position-specific skills to help prepare high school campers to take their game to the next level for the upcoming high school season.

#### **2 Valuable Off-Court Sessions:**

- Campers will be introduced to elite mindset and team-building training through an engaging activity in the first off-court session. In the second off-court session campers will spend time with Gustavus Volleyball student-athletes in a Q&A session about recruiting, college volleyball, and more!

#### **Fun Extras:**

T-shirt, meals in the Top 10 Nationally-Ranked Gustie cafeteria, two nights in the college dorms, and fun evening activities including a bonfire and s'mores!

#### **Cost:**

- Resident \$320.00/camper
- Commuter \$270/camper (overnights in dorm and Monday & Tuesday breakfast not included)

## **Camp Schedule**

### **Sunday, July 26**

2:00 – 2:30 pm	Resident Camper Check-In at Dorm
2:45 pm	All Campers Check-In at Lund Athletic Center
3:00 – 5:00 pm	Court Session 1
5:15 – 6:00pm	Dinner for All Campers
6:30 – 8:30 pm	Off Court Session and Activity for All Campers
10:30pm	Dorm Lights Out

### **Monday, July 27**

9:00 – 10:00 am	Breakfast for Resident Campers
10:30 – 1:00 pm	Court Session 2
1:15 – 2:15 pm	Lunch for All Campers
3:00 – 5:30 pm	Court Session 3
5:45 – 6:30 pm	Dinner for All Campers
7:00 – 8:30 pm	Off Court Activity for All Campers
10:30 pm	Dorm Lights Out

### **Tuesday, July 28**

8:00 – 8:45 am	Breakfast for Resident Campers
9:00 – 11:15 am	Court Session 4
11:15 – 11:45 am	Off Court Session for All Campers
12:00 – 12:30 pm	Dorm Check-Out for Resident Campers

# Gustavus Advanced Positional Training Camper Registration Form

Camper First Name \_\_\_\_\_ Camper Last Name \_\_\_\_\_

Home Address \_\_\_\_\_

City \_\_\_\_\_ State \_\_\_\_\_ Zip \_\_\_\_\_

School \_\_\_\_\_ Grade (Fall 2020) \_\_\_\_\_

Camper Primary Email \_\_\_\_\_

Camper Cell Phone # \_\_\_\_\_

Parent Contact Name(s) \_\_\_\_\_

Parent Cell Phone Number(s) \_\_\_\_\_

Parent Email(s) \_\_\_\_\_

Medical Conditions/Allergies \_\_\_\_\_

Roommate Preference Name \_\_\_\_\_

***(If emergency contact is different from parents listed above please fill out below)***

Emergency Contact Name \_\_\_\_\_ Cell Phone Number \_\_\_\_\_

**Commuter or Resident Camper (circle only one):**

Commuter (cost \$320)      Resident Camper (cost \$270)

**Choose a T-Shirt Size (circle only one):**

Adult Small      Adult Medium      Adult Large      Adult XL

**Volleyball Position (circle only one):**

Outside      Right Side      Middle      DS/Libero      Setter      No Specific Position Yet

**Please send completed waiver form, registration form, and payment by July 10 to:**

Gustavus College

Rachelle Sherden/Volleyball

800 West College Avenue

St. Peter, MN 56082

**\*\*Please make checks out to: VolleyRo LLC**

REFUND POLICY: *\*Cancellations: Before June 1, full camp credit will be issued to you for any reason if you must cancel. After June 1, a 50% (of registration cost) administrative fee will be charged to all registrants who will be withdrawing from the camp. The remainder will be refunded.*

# ACTIVITY RELEASE FORM

Read Carefully Before Signing

**ANY PARTICIPANT OR PARTICIPANT GUARDIAN MUST COMPLETE THE FOLLOWING ACTIVITY RELEASE FORM**

Participant Name: \_\_\_\_\_  Male  Female Age \_\_\_\_\_  
Parent / Guardian Name(s): \_\_\_\_\_ Parent / Guardian Phone Number(s): \_\_\_\_\_  
Address (including city, state and zip code): \_\_\_\_\_

## RELEASE / DISCLAIMER

I do hereby assume full responsibility for any and all damages, injuries (including death), or losses that I may sustain or incur, if any, while attending, engaging, practicing, participating or witnessing activity and/or certain event(s) occurring in or about the premises or at any offsite location. I hereby assume full risk, waive all claims and release and hold Gustavus Adolphus College, Gustavus Volleyball Camps, and VolleyRO LLC, individually or otherwise, harmless for any and all liability, claims, suits, damages, expenses, fees, actions, or rights of action or judgments as a result of injury or death to myself or members of my family or heirs, or my guests, or damage, destruction or loss to my property, which in any way relates to, arises out of, or is in any way connected with my presence on the premises, or my participation in events of activities thereon, or the negligent acts or omissions of the releases or any other third party.

I agree to wear all protective equipment required while participating in the activity, and I am fully aware and understand that Gustavus Adolphus College, Gustavus Volleyball Camps, and VolleyRO LLC does not have on or about the premises, or employ or contract with any medical services, provisions for ordinary or emergency medical services. I hereby grant permission to the applicant to attend the Gustavus College Volleyball Summer Camps and to be treated by a licensed physician or member of the school's training staff in the event of any injury, accident, or illness during the camp.

In consideration of my participation in and the use of the Gustavus Adolphus College, Gustavus Volleyball Camps, and VolleyRO LLC premises or facilities, I hereby release and covenant not to sue the owner of the premises (releases), shareholders, directors, officers, employees, representatives, agents, affiliates and lessees from any and all claims resulting from any physical injury that may occur to me while participating in any program or event sponsored by Gustavus Adolphus College, Gustavus Volleyball Camps, and VolleyRO LLC.

I do hereby grant the Gustavus Adolphus College, Gustavus Volleyball Camps, and VolleyRo LLC permission to use my likeness in a photograph, video, or other digital media ("photo") in any and all of its publications, including web-based publications, without payment or other consideration. I understand and agree that all photos will become the property of Gustavus Volleyball Camps and VolleyRo LLC and will not be returned. I hereby irrevocably authorize the Gustavus Volleyball Camps and VolleyRo LLC to edit, alter, copy, exhibit, publish, or distribute these photos for any lawful purpose. In addition, I waive any right to inspect or approve the finished product wherein my likeness appears. Additionally, I waive any right to royalties or other compensation arising or related to the use of the photo.

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I agree to the refund policy set forth by Gustavus Volleyball Camps and VolleyRo LLC and agree to abide by the policy in the event that I can no longer attend camp.

**I HAVE READ AND FULLY UNDERSTAND THE ABOVE RELEASE/WAIVER AND FULLY UNDERSTAND THAT I HAVE GIVEN UP SUBSTANTIAL RIGHTS BY SIGNING THIS WAIVER VOLUNTARILY.**

**Parents or guardians must sign if applicant is UNDER 18.**

Parent or Guardian Signature: \_\_\_\_\_ Date: \_\_\_\_\_  
Adult Participant Signature: \_\_\_\_\_ Date: \_\_\_\_\_  
Printed Name of Participant: \_\_\_\_\_ Date: \_\_\_\_\_