# CAMP INFORMATION

These camps will cover all the basic skills, knowledge and advanced techniques of playing. The camps will be held at Arvada West High School and will be run by the Arvada West coaching staff and guest coaches from GMS. Camps are not required but we do expect to see our athletes at camps.

Each participant should bring a **water bottle**, court shoes, athletic shorts, t-shirt (not tank tops) and kneepads.

*By signing the permission slips as a parent or guardian you are authorizing your daughter to take part in the 2018 Arvada West Volleyball camp(s), releasing all camp staff along with Jefferson County and Arvada West High School from all claims on account of injury sustained by the athlete. Each participant must be covered under private insurance. Jefferson County does not provide insurance to participants. This is an agreement and a release of liability*. Permission slips and fees can be turned into Coach Pospisil at Arvada West High School **11595 Allendale Dr. Arvada, CO.80004.**

If you would like further information about camps or tryouts, please contact **Coach Pospisil @** dpospisi@jeffco.k12.co.us

**Web Site:**

[**https://sites.google.com/a/jeffcoschools.us/wildcat-volleyball/**](https://sites.google.com/a/jeffcoschools.us/wildcat-volleyball/)

**Open Gym:**

Dates: Friday’s 3:30-5:30 @

A-West in the large gym.

4/13

4/20

4/27

Rain or snow, practice will be canceled.

**Summer Conditioning**

Free Bird w/ Abigayle Lasky $95 for all work outs starting in May 30. 2 x a week. Additional brochure available.

**Volleyball Class**

Register for Adv. Volleyball for the fall semester. VB players only class will be during 7th hour

**ARVADA**

**WEST**

**WILDCATS**



## TRYOUTS & SUMMER

## VOLLEYBALL

**CAMPS**

**2018**

ARVADA WEST SKILLS CAMP

 @ A-WEST

**DATE:** June 4-6

**9th-12th Grade**

**TIME:** 9:00-12:00

**COST:** $60 per person. Make checks ***payable*** to **ARVADA WEST Volleyball.**

Be in shape and ready to work hard.

Turn CAMP REGISTRATION and Payment into Coach Pospisil 11595 Allendale Dr. Arvada, CO. 80004

### CAMP REGISTRATION

Players Name:

Grade 2018: \_\_\_\_\_\_

Parents Name: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Phone #: (Parent) \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

 (Player)

Email: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Payment amount: $ ck/cash

T-shirt size: Adult S M L XL

Parent Signature:

This is a release of liability as stated in the Brochure.

Arvada West H.S. Attn. Coach Pospisil

11595 Allendale Dr. Arvada, Co. 80004

dpospisi@jeffco.k12.co.us

#### VARSITY TEAM CAMP

#### @ CHERRY CREEK

**DATE: July 9-12**

**TIME: TBA**

**COST:** $50 per person, Make checks ***payable***to **Wildcat Volleyball.**

Car pool arrangements to and from Grandview will be set up prior to the camp.

#### LEVEL III AND J.V. TEAM CAMP @ CHERRY CREEK

**DATE: July 16-18**

**TIME: JV-To be announced**

 **III-To be announced**

**COST:** $50 per person, Make checks **payable** to **Wildcat Volleyball**.

There will be a limit of 12 players per team. Car pool arrangements to and from Grandview will be set up prior to the camp.

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Teams will be assigned by playing ability, knowledge of the game, skill and grade after the Skills camp. Playing time at the team camp is not guaranteed or equal. Do not assume; placement @ team camp does not determine where you will be for the season.

WILDCAT (GMS) CAMP

 @ A-WEST

**DATE:** August 6-9

**9th-12th Grade;** *2 sessions, Attend both*

**TIME:** 8:30-11:30 & 1:00-5:30

**COST:** $195 per person, ***payable*** online to GMS**.** Registration deadline is July 2.

Space is limited to 60 players.

This is a **very intense camp**; you need to be in shape and ready to work hard. ***Playing experience is recommended***

### Register Online w/GMS

<https://www.goldmedalsquared.com/registration-center/>

##### TRYOUT INFORMATION

**DATE: August 13, 2018**

**TIME:** 3:15-7:00 9-12th Grade

\*\*\*Tryout times subject to change

A **Physical** and **Emergency Card** are required and must be turned in at the A-West main office before tryouts in order to participate. **NO EXCEPTIONS**.

Arvada West has 4 levels, Level 4, Level 3, JV and Varsity. Volleyball is a competitive team sport and not all athletes will make the program. Teams will be determined by the coaches at tryouts based on athletic ability, skills, game knowledge and attitude. Player will be posted on Aug. 14 and teams will be determined by Aug. 17. There will be required practice the rest of the week. **Regular practice times will be from M-F 3:15-6:00.** Each member is required to participate in every practice, game, and ***fundraising*** event during the season. All levels will support each other both home and away during all games, and help with assigned duties. **Please make sure that you are aware of the time commitment** it takes to be a member of the volleyball team and that you are willing to fulfill that commitment.

If you need more information, please contact Coach Pospisil @ dpospisi@jeffco.k12.co.us