

## DAILY SCHEDULE

### MONDAY- THURSDAY

9:00 AM – Drop off

9:15-9:30 AM – Stretching/Warm-up

9:30 - 10:00 AM – Volleyball Agility  
Skills

10:00 – 11:45 – Skill of the Day/Drills

11:45am-12:00pm – Snack

12:00-12:15 pm – Skill Set Warm-up

12:15-12:45 pm – 6 on 6  
Instruction/Play

12:45-1:00 pm – Daily review - Q & A

1:00 pm – Pick up

Nutley All Star Camp

Attention: Jenna Rubino

P.O. Box 14

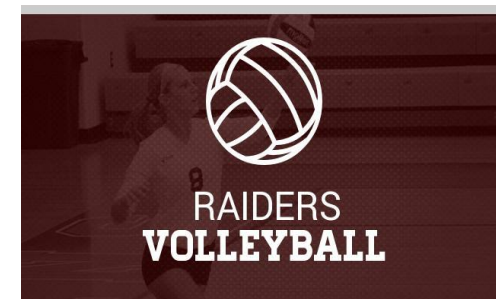
Nutley, NJ 07110



Camp Fee - \$100

Family Discount - \$85 for  
each additional sibling

# 2018 NUTLEY ALL STAR VOLLEYBALL



## CAMP

### JULY 9<sup>TH</sup> – 12<sup>TH</sup>

### MONDAY-THURSDAY

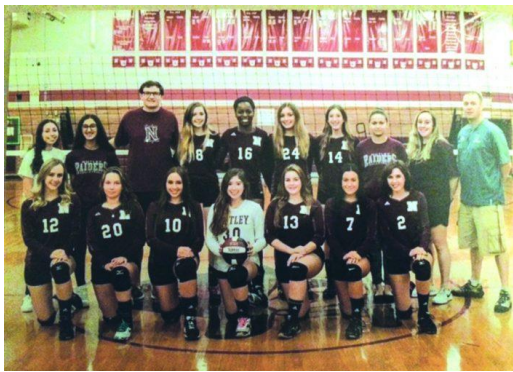
## GRADES: 3-8

## Meet the Coach:

Coach Rubino has been part of the NHS volleyball program for 7 years. This is her third year as head coach. In her first year as head coach, she led her team to the Essex County Tournament finals, as well as, to the state tournament. This past year, the team moved up into the very competitive American Division. Coach Rubino teaches 7<sup>th</sup> grade science at John H. Walker Middle School in Nutley.

## Meet the Team:

Come learn from previous and current varsity athletes who have played multiple years on the NHS volleyball team, as well as, various club teams across New Jersey. This is a great way to socialize with and learn from girls who have been playing since they were young!



## Camp Features:

- Air Conditioned Gymnasium
- Water provided all day
- T-shirt and Giveaways for all who participate
- Opportunity to work with NHS head coach and varsity athletes
- Participants will receive detailed instruction in every phase of volleyball on the latest techniques
- Participants will play on age appropriate courts for safety

## Skills:

- Passing, Setting, & Hitting
- Defense
- Diving and Sprawling
- Serving and Serve Receive

## What to Bring:

- Athletic Attire
- Sneakers (Please try not to wear converse or other sneakers that do not provide proper ankle support)
- Knee Pads
- Water Bottle
- Small Towel (optional; to wipe off sweat)

Camp Fee - \$100

Family Discount - \$85 for each additional sibling

## Sign Up Form

Name

Address

Phone

Grade Entering /Age

T-shirt size

**Please mail or return this form and payment to:**

**Attention: Coach Jenna Rubino**

**P.O Box 14 Nutley, NJ 07110**

**Make Checks Payable to: Nutley All Star Volleyball Camp**

**ON OR BEFORE JUNE 25, 2018**

**NO REFUNDS AFTER June 29, 2018**

*The named applicant is in good health and has my permission to participate in this program. In the event of an emergency requiring medical attention, I hereby grant permission to the medical personnel designated by the camp to attend to my child. I, the undersigned, hereby waive any claims arising out of my child's participation in the camp and agree to indemnify and hold harmless the Nutley High School, the Nutley Athletic Department, the Nutley B.O.E, and any of their agents and employees from the claim for injury occurring to my child during his/her participation in the camp or while at the camp site.*

Parent/Guardian name

Signature: