

JUNIOR COUGAR VOLLEYBALL CAMP

CoEd- Boys and Girls
Entering 3rd-8th Grades
Sponsored by
JFK High School,
Women/Men Volleyball
Programs, Cougar Pride
Volleyball Club

Dates: July 24-28, 2017
Time: 9:00 am – 3:00 pm
Location: Kennedy High
School – 6715 Gloria Drive

Purpose: The purpose of the Junior Cougar Volleyball Camp is to provide a place for young players to learn and develop the fundamental skills necessary to build good character and become successful players.

Philosophy: Hard work, and a positive attitude, can help develop the fundamental individual skills that make great players. But even the best players must learn to work together as a team. We believe that playing the game of volleyball can help players learn the value of self-confidence, effort, dedication, determination, cooperation, and resilience. These individual skills combined with the values of teamwork and sportsmanship can lead to success on the court, in the classroom, and throughout life.

History: The Kennedy Volleyball teams are making huge strides in the metro league. The women's varsity team has won four consecutive Metro League Championships, and the men's varsity team won the 2017 Metro League Championship.



Junior Cougar Volleyball Camp 2016

Camp Information

Cost of Camp - \$135.00

Each camper will:

- Receive a cougar camp t-shirt
- Participate in daily activities
- Receive a pre-order form for camp picture

Camp Coaching Staff

- Aaron Pollock (Women's Varsity Coach)
- Becky Rauh (Women's JV Coach)
- Jeff Guro (Men's and Women's Varsity Coach)
- Kayla Hamahashi
- Jade Jones
- Karissa Jones
- Samuel Martinez
- Shelby Wong
- Additional Kennedy volleyball players

Daily Schedule & Spirit Day Schedule

Daily Schedule

8:00 – 9:00 Early drop off/registration
9:00 – 9:20 Warm-up & Team Building
9:20 – 10:00 Skill Instruction #1
10:00 – 10:20 Instructional Contest
10:20 – 10:30 Snack Break
10:30 – 11:00 Skill Instruction #2
11:00 – 11:20 Instructional Game
11:20 – 12:00 Group Games
12:00 – 12:30 Lunch (BRING YOUR OWN)
12:30 – 12:50 Warm-up & Team Building
12:50 – 1:30 Skill Instruction #3
1:30 – 1:50 Skill Contest
1:50 – 2:30 Group Competition
2:30 – 3:00 Daily Awards
3:00 Campers are picked up

Spirit Day Schedule

7/24 & 7/27: Cougar Day
(Wear your Cougar Camp shirt)
7/25: Disney Character Day
(Dress up as your favorite disney character)
7/26: Wacky Day
(Wear crazy colors or mix 'n match clothes)
7/28: Tie Dye Day (Wear tie dye clothes)

Junior Cougar Volleyball Camp

REGISTRATION

Camper's name: _____

Parent(s): _____

Cell #1: () _____ - _____

Cell #2:() _____ - _____

Email 1: _____

Email 2: _____

Grade entering September 2017: _____

Gender (circle one) M or F

Shirt size (circle one): Youth M, Youth L

Adult sizes : S, M, L, XL



Kennedy Women's Volleyball
Fall 2013, 2014, 2015, 2016
Metro League Champions



Kennedy Men's Volleyball
Spring 2017 Metro League Champions



Send completed registration forms along with check (**\$135**) payable to **“JFK VOLLEYBALL”** to:

Junior Cougar
Volleyball Camp
P. O. Box 22790
Sacramento, CA
95822-0790

Contact Coach Aaron
Pollock at
aaron-pollock@scusd.edu
or (916)524-6562

I, the parent/guardian of the child whose name appears above, hereby authorize my child to participate in the program listed above. I agree to indemnify and hold harmless the Sacramento City Unified School District, Kennedy High School, Kennedy Volleyball Staff, it's employees, students and volunteers from/against any and all liability for injury or damage that may result from his/her participation in the above-mentioned camp and its activities. I also agree that the coaching staff may act as best fits the situation in case of emergency if efforts to contact myself or other emergency personnel fail. I have read and understand this release.

Parent/Guardian Signature: _____

Date: _____