

# Application Form: 2018 Spartan Volleyball Camp

# 2018 Francis Howell Central “Spartan” Summer Volleyball Camp

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

Address: \_\_\_\_\_  
\_\_\_\_\_

Phone #: \_\_\_\_\_

Height: \_\_\_\_\_ Weight: \_\_\_\_\_

Age: \_\_\_\_\_ Grade: \_\_\_\_\_ (entering)

High School: \_\_\_\_\_

Position: \_\_\_\_\_

T-Shirt Size: S M L XL XXL (circle one)  
(Adult sizes)

Emergency Phone #: \_\_\_\_\_

Contact Person: \_\_\_\_\_

Medical Conditions: \_\_\_\_\_

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Send completed application and \$50.00  
payable to FHC Volleyball to:

FHC Volleyball  
Attn: Julie Groneck  
5199 Hwy. N.  
St. Charles, MO 63304

You can also register online at:  
[www.fhcsummercamps.com](http://www.fhcsummercamps.com)

**NO REFUNDS WILL BE GIVEN  
AFTER JULY 16th.**



For **Boys and Girls** entering  
Grades: 10th – 12th  
July 16th – 19th  
9:00 am – 11:30 am

For **Boys and Girls** entering  
Grades: 8th & 9th  
July 16th – 19th  
12:00 pm – 1:30 pm

For **Boys and Girls** entering  
Grades: 6th & 7th  
July 16th – July 19th  
2:00 pm – 3:30 pm

**Deadline: June 29, 2018**

Try-outs for the Girl's High School  
season will be held August 6th

# SPARTAN VOLLEYBALL

Volleyball Camp 2018

## Francis Howell Central High School

5199 Highway N  
St. Charles, Mo. 63304

### What to Bring:

- \* Comfortable shorts & T-shirt
- \* Athletic shoes
- \* Kneepads (if desired)
- \* Water bottle
- \*\* Positive Attitude

### Activities:

- \* Vertical Jump Testing
- \* Plyometric Training
- \* Conditioning Techniques
- \* Skill Instruction
- \* Team Strategies
- \* Basic Plays
- \* Top Spin & Floater serve
- \* Team Building Activities
- \* Preparation for try-outs
- \* Games and Scrimmages

### Coaches:

The Boys & Girls Volleyball Staff of  
Francis Howell Central High School