

Application Form: 2019 Spartan Volleyball Camp

2019 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: _____

Send completed application and \$55.00
payable to FHC Volleyball to:

FHC Volleyball
Attn: Steve Le
5199 Hwy. N.
St. Charles, MO 63304

You can also register online at:
www.fhcsummercamps.com

**NO REFUNDS WILL BE GIVEN
AFTER JULY 15th.**



For **Boys and Girls** entering
Grades: 10th – 12th
July 15th – 18th
9:00 am – 11:30 am

For **Boys and Girls** entering
Grades: 8th & 9th
July 15th – 18th
12:00 pm – 1:30 pm

For **Boys and Girls** entering
Grades: 6th & 7th
July 15th – July 18th
2:00 pm – 3:30 pm

Deadline: July 1, 2019

Try-outs for the Girl's High School
season will be held August 12th

SPARTAN VOLLEYBALL

Volleyball Camp 2019

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