

# Camp Philosophy / Camp Enrollment

The Philosophy of IRCS Volleyball Camp is to provide an atmosphere where each athlete will learn to:  
Compete and Develop Individual Defensive & Offensive Skills

Learn to be a TEAM player, work hard, and be coachable while enjoying the game of volleyball

Registration is **\$150.00** per camper which includes a **Non-Refundable \$25.00 Deposit**

**\*THE BALANCE IS DUE ON THE FIRST DAY OF CAMP WHEN CHECKING IN\***

Each camper will receive a 2015 IRCS Volleyball Camp T-Shirt

## A Typical Day at Camp

Devotions / Life Challenge

Proper Warm-up & Cool Down

Drill Instructions (Offense & Defense)

Team Play (6 on 6)

Demonstrations of Drills by the IRCS Varsity Players

Competition Drills

## **WHAT TO WEAR & BRING EACH DAY:**

\*Athletes should wear a t-shirt, shorts or spandex, kneepads, and athletic shoes (cross training, running shoe, etc., **not Converse or skater – type sneakers**).

\*Bring a water bottle and \$\$ / or lunch for each day of the camp (M-TH)\*

## IRCS VOLLEYBALL CAMP FOR GIRLS

Camper's Name

Phone      2015 Grade      Age

T-Shirt Size (YM, YL, or Adult S, M, L, XL)

Address

City /State/Zip Code

Emergency Contact and Phone Number

Parent's Name

I hereby authorize the staff of the IRCS Volleyball Camp to act according to their best judgment in any emergency requiring medical attention and I hereby waive and release IRCS, the First Baptist Church of Indian Rocks, the IRCS volleyball camp Staff and coaches from any and all liability for any injury or illness incurred prior to or while at camp. I have no knowledge of any physical impairment that would be affected by my daughter's participation in the camp program. I understand that I am financially responsible for any damage to the facility caused by the above camper.

Parent Signature

# **CAMP FEATURES:**

Proper Serving Techniques

Proper footwork for passing, hitting, transitioning, and blocking

Proper body positioning for ball control

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## **Ball Control Contests (awards given):**

Bump 2 Self (Ball Control)

Set 2 Self (Ball Control)

Bump/Set 2 Self (Ball Control)

Serving (Consistency)

Passing (Accuracy)

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Introduction to proper volleyball conditioning

Allow players to improve and learn new drills at a comfortable pace

## **MOST IMPORTANTLY:**

Make NEW friends and HAVE FUN!!!!!!!



## **CAMP DIRECTOR: Coach Mark Foster**

Coach Foster is entering his 13th season as the Head Coach of the IRCS Varsity volleyball program and has led his teams the past 10 seasons to an overall record of 194-87 (.690 win percentage), since taking over the program in 2003 (11-35 during his first two seasons).

Coach Foster is one of the three founding coaches of the Pinellas Heat Volleyball Club (2000-Present), where he is currently serving as a Setter's Coach as well as coaching the Pinellas Heat 14 Heat team. He is CAP I and IMPACT Certified through USA Volleyball, a Tournament Director for multiple USA Volleyball events, and a certified NCAA/PAVO College Official for Indoor and Sand Volleyball.

## **Assistant Camp Director: Kimberly Foster**

Coach Kimberly Foster is entering her 13th year as the Assistant Coach of the IRCS Varsity volleyball team. She is also the coach of our JH/JV teams and co-director of the IRCS volleyball tournaments. She also assists Coach Foster at Pinellas Heat VBC and has been the Finance Officer at the club for the past 11 years.

Coach Kim played as a setter on the first National Championship team at Clearwater Christian College in 1995.

**\*IRCS Varsity Players will also be helping out the campers throughout the week\***

2015

***Indian Rocks  
Christian School  
Summer Volleyball Camp***

**June 8-12, 2015**

**For Girls Entering  
3rd-9th Grades**



## ***Location of Camp:***

**Indian Rocks Christian School  
12685 Ulmerton Road  
Largo, Florida 33774**

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