
THE **EXCEL** VOLLEYBALL CAMP is open to all **girls** entering **grades 6 through 12** who want to improve their volleyball skills and strategy. The camp will focus on:

- individual skills/position play
- team play
- strategy

TIMES

Grades 6 - 9

(9:00 am to 11:00 am)

(1:00 pm to 3:00 pm)

Grades 9 -12

(11:00 am - 1:00 pm)

(3:00 pm to 5:00 pm)

LOCATION

All sessions for the **EXCEL** volleyball camp will be held at:

Laval High School
1440 9th Ave N, Regina

INSTRUCTORS

The **EXCEL** volleyball camp will include these experienced camp head instructors:

Dwight Fuhro

- Coach U of R 2007-08
- SHSAA 5A Champion Coach

Tom Foster

- Coach of the year 2008 & 2011
- Coach Team Sask. 2004/05/06

Guy Kerbrat

- SHSAA Prov. Champion Coach
- Head Coach RVC 2011 – 15

Tom Ash

- Coach Team Sask 2005
- SVA Program Coordinator

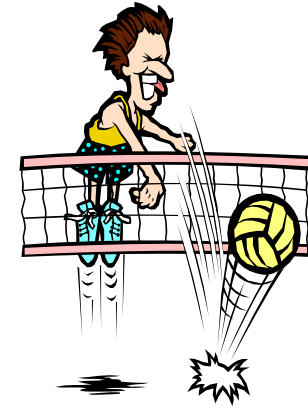
DATES

Monday, August 21 to

Thursday, August 24.

Each day of training will feature 2 sessions for each athlete.

...REGISTER EARLY....
THE CAMP ALWAYS FILLS
TO CAPACITY



Each athlete will receive:

- 4 days of on court training
- a souvenir T-Shirt

In addition, there will be prizes awarded daily.

COST

Early registrations - \$ 185
Late (after July 1) - \$ 200

Please complete the registration on this brochure and mail to:

Tom Foster
7643 Discovery Road
Regina, Sask
S4Y 1E2

(Form and payment secures spot)
(there will be a \$20 cancellation fee)
**SORRY NO REFUNDS ONCE
CAMP BEGINS**

PLEASE RETURN THIS PORTION

CHEQUES PAYABLE TO:

COUGAR
VOLLEYBALL
CLUB

NAME: _____

GRADE: _____
(AS OF NEXT FALL)

PHONE: _____

HOSPITALIZATION NUMBER:

EMAIL (please print clearly):

POSITION: _____

VOLLEYBALL EXPERIENCE:
(circle any that apply)
* elementary school * / * high school *
club tier 1 / *club tier 2*

T-SHIRT SIZE – circle one following
ADULT size:
small / medium / large

I give permission for _____ to
attend the EXCEL volleyball camp. I know of
no illness or injury that might cause concern. I
will not hold the instructors responsible for
any injury that might occur during the camp.

Parent/Guardian signature: _____

EXCEL!

**Get Ready For The
School Volleyball
Season!!!**

THE
EXCEL
VOLLEYBALL
CAMP
IS SANCTIONED
BY
SASK
VOLLEYBALL

CHEQUES PAYABLE TO:

COUGAR
VOLLEYBALL
CLUB

17th ANNUAL
EXCEL!
VOLLEYBALL
CAMP



MON. AUG 21 -
THUR. AUG 24
2017

CAMP COORDINATOR:

Tom Foster

Phone: 543-6326

email:
tom.foster@sasktel.net