

# 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 **\$175.00** 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 2018 IRCS Volleyball Camp T-Shirt

WHEN: June 11-15, 2018

TIME 9:00-3:00pm (M-TH) and 9:00-12:00pm (F)

Hours and hours of QUALITY volleyball instruction and team play!!!!

## 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 & Coaches

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 \$\$ for lunch / or a lunch to each camp day (M-TH)\***

## IRCS VOLLEYBALL CAMP FOR GIRLS

Camper's Name

Phone

2018 Grade

Age

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

Address

City /State/Zip Code

Emergency Contact and Phone Number

EMAIL (Please Print)

Parent's Name

I hereby authorize the staff of the 2018 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.

# CAMP FEATURES:

- \*Proper Serving Techniques
- \*Proper footwork for passing, hitting, and blocking, along with body positioning for ball control and defense
- \*Introduce Offensive/Defensive Systems

\*\*\*\*\*

## Ball Control Contests:

- Bump 2 Self (Ball Control)
- Set 2 Self (Ball Control)
- Bump/Set 2 Self (Ball Control)
- Serving (Consistency)
- Passing (Accuracy)

\*\*\*\*\*

Introduction to volleyball conditioning and the importance of it

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 16th season as the Head Coach of the IRCS Varsity volleyball program. He has led his teams the past 13 seasons to an overall record of 236-120 since taking over the program in 2003 (11-35 during his first two seasons).

\*\*Coach Foster is one of the two remaining "original" coaches at the Pinellas Heat Volleyball Club (2000-Present). He is CAP I, IMPACT, Beach IMPACT Certified, and a tournament Director for USA Volleyball. He is also a certified NCAA/PAVO College Official for Indoor & Beach Volleyball.

\*\*Coach Foster is the first coach in Pinellas County to start a H.S. BEACH VOLLEYBALL program (2017), sanctioned by the SSAC & The Florida Region of USA Volleyball.

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

\*\*Coach Kim is entering her 16th year as the Assistant Coach of the IRCS Varsity volleyball team. She is also our JH team and co-director of the IRCS volleyball tournaments. She assists Coach Foster at Pinellas Heat VBC and has been the Finance Officer for the club the past 14 years.

## IRCS Camp Staff: **Current Indian Rocks Varsity Players**

---

**2018**  
**Indian Rocks**  
**Christian School**  
**Summer Volleyball Camp**

**June 11-15, 2018**

**For Girls Entering  
4th-9th Grade**



## **Location of Camp:**

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

**727-596-4321**  
**Mark\_Foster@IndianRocks.org**

---