



2011 Salinas High Cowboy Girls Volleyball Camp

July 5-8 2 – 5pm



Purpose: Our camp is designed to provide campers of all ability levels a rewarding and enjoyable experience. Players will be introduced to the fundamentals of the game: passing, serving, setting, hitting, and defense. Players will receive training in tactics, strength, conditioning, and will be ability grouped for match play.

Who: Girls entering 7th, 8th, and 9th grade (6th grade with club experience)

Cost: \$125.00 per player. Cost includes a camp T-Shirt

When: July 5 – 8 (Tuesday – Friday) 2pm – 5pm

Where: Salinas High Main Gym

What to Bring: Workout clothes, court shoes, kneepads, and water bottle

Head Coach: Andy “Butch” Mandon – coaching experience includes: 11 years club, 5 years high school, 4 years college. 2009 Coach of the Year (Monterey Herald, Salinas Californian), California Coaches Association “Rookie Coach of the Year.”

Staff: Your daughter will receive instruction from the SHS coaching staff as well as 2010 team members

Questions: Any questions contact Andy Mandon @ andrew.mandon@salinasuhd.org

Parents:

Check should be made out to: Salinas High School Girls Volleyball

Mail check and registration to: Cowboy Volleyball Camp

122 San Benancio Road

Salinas, CA 93908

Please mail registration by June 30th. Come with your daughter on the first day to sign release



Camper Name: _____ Grade: _____ Age: _____

Parent Name: _____ T-Shirt Size: _____

Email: _____ Phone: _____

School: _____

Address: _____

Club Experience: _____