

TotalGamePlan

Volleyball Camp at Verona Community Center

What: A program to teach girls the mental and physical skills to succeed at high school volleyball.

Who: Girls entering grades 5-12.

When: July 11-15 (girls entering grades 5-9) 8:30a.m.-12 noon. \$175.00

July 18-21 (girls entering grades 9-12) 8:30a.m.-12 noon. \$140.00

Where: Verona Community Center, 880 Bloomfield, Ave., Verona, NJ

Please make checks payable to Mike Tully.

Camp director is Mike Tully, award-winning head volleyball coach at MKA.

Athletes should wear gym attire and bring a water bottle with their name on it.

Volleyball kneepads are a good idea. For more information, please call

Coach Tully at (973) 800-5836 or

email at coachtully@totalgameplan.com .

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Return this portion with payment to:

Mike
Tully, TotalGamePlan
900 Valley Road
D-1
Clifton, NJ 07013

Volleyball is a strenuous sport involving quick movements, jumping and hard-driven balls. Athletes should bring any medical devices such as inhalers or knee braces. Parents should tell coaches of any condition of which they should be aware.

Athlete's Name _____

Parent's Name _____

Emergency Phone Contact: _____