

HEAD COACH

Henry Podstawka

Henry resides in Ancaster and is well known in the Beach Volleyball Community in Canada. His coaching experience has produced many Provincial/National and International athletes.

RESUME HIGHLIGHTS

- * **FIVB World Championships YOUTH / JUNIOR** - U21 2008 5th, U21 2007 19th, U19 2006 19th, U21 2005 19th, U18 2004 4th, U18 2002 19th.
- * **FIVB World Tour Adults** - 2007 25th, 25th, 33rd, 33rd.
- * **O.V.A. Tour**, Provincials, Nationals, YOUTH, JUNIOR, ADULTS.

BRONTE BEACH VOLLEYBALL CLUB

- * President/ Head Coach
- * Coach - Boys 18U, 16U, 14U, 12U.

HIGH SCHOOL VOLLEYBALL COACH

- * Junior, Senior, Boys, Girls.
- * Ancaster, McKinnon Park, Hagersville.

Camp Coordinator Jacquie Wilson

Email: jwilson20@cogeco.ca

Camp Office

Volley Girls
482 John Street, Suite 200 Burlington, ON
L7R 2K7, 905-333-0019



SUN SAND & FRIENDS



Confirmation: Once we have received your registration information and payment, a **confirmation email will be sent to you.**

Cancellation: Anyone withdrawing from a program will not receive a refund once the program has started unless a medical condition prevents participation. Three weeks prior to start dates, refunds will be program cost minus a twenty five-dollar non-refundable admin fee.



YOUTH PROGRAMS

Take your volleyball game to the beach!

Bring your team spirit, positive attitude and enthusiasm along and find out just how fun it can be to participate in our volleyball programs.

BEACH BOOT CAMP

1 Day....Dig In...and have fun!

Intermediate

Sat May 23

Ages 14 +

Beginner

Sat May 30

Ages 9 to 13



Location : The Wave Centre
Time : 9am to 4pm
Fee: \$95.00, includes T

Boys & Girls will be divided by age/ skill level. Each group will work with their coaches on appropriate fundamental skills. Focus will be on serving, passing, setting and beach offense & defense.

Skills will be reinforced through repetition and performed in competition. **No matter what your current level is now, you will walk away from this camp more confident in your skills.**

BEACH CAMP BOYS & GIRLS

Week # 1 July 6 to July 10

Week # 2 July 13 to July 17

Your choice of weeks or attend both half day camps

9am to 12pm Beginners ages 9 to 13
1pm to 4pm Intermediate ages 14 +
Fee: 135.00 ½ day camp, includes T

Our Beach Camps are designed to focus on all aspects of the game with an emphasis on fundamentals at the beginner level. All boys & girls will be divided into groups based on their skill level.

BEACH HOUSE LEAGUE For Girls

Mondays

4:30pm to 6:30pm
ages 9 to 12

Fridays

6:30pm to 8:30pm
ages 12 to 14

Sundays

7:00pm to 9:00pm
ages 14 +

10 week program
starts in June



Name: _____

Address: _____

City: _____

Postal: _____

Phone: _____

Email: _____

DOB: _____

School: _____

ER Contact Name: _____

ER Contact Phone: _____

Health Card: _____

T-Shirt: YS YM YL S M L XL

Beach Programs 2008

- Boot Camp beginner \$ 95
- Boot Camp intermediate \$ 95
- Beginner Mondays \$ 125
- Friday House League \$125
- Sunday House League \$ 125
- Camp #1 __ beg __ inter \$ 135
- Camp # 2 __ beg __ inter \$135

cheque payable to "Volley Girls"

mail to: Volley Girls 482 John Street, Suite 200, Burlington, ON L7R 2K7

I have read and hereby accept the conditions described in this brochure. I understand the inherent risks associated with these programs and release Volley Girls from any responsibility. I also certify that my child is medically fit to participate and I do hereby authorize the staff to administer any emergency medical treatment. I consent that Volley Girls retains the rights to use photographs of campers taken at camp for publicity and advertising purposes.

Parent/ Guardian Signature