

# HRVC Pre Season Volleyball Boot Camp

The purpose of this Boot Camp is to put you in an environment where you are able to devote your attention to getting ready for your tryouts.

**Who should attend?** 13U to 18U athletes who are serious about their volleyball and fitness level.

**Will you be ready?** Boot Camp participants will receive their pre-camp fitness training prior to hitting the courts. During your on court sessions you will develop your offensive and defensive skills and expand and strengthen your training routine to make sure you're lean, mean and ready to go for try-outs.

## What to expect?

Expect the Boot Camp to be fast-paced and packed with volleyball. The camp is designed to be intense with 6 hours of on-court training. The Senior camps will cover higher level skills and concepts. The Junior camps will cover fundamentals of passing, hitting, setting, serving, blocking, digging and team systems with the latest techniques and strategies.

It's up to each athlete how she approaches the pre-camp training regime. It's recommended that athletes follow through with their program so they are fit and ready to go hard at the Boot Camp – and at try-outs.

## TRAINING

	6pm – 8pm	8pm – 10pm
Tues Aug 25 <sup>th</sup>	U14	U18
Wed Aug 26 <sup>th</sup>	U14	U18
Thurs Aug 27 <sup>th</sup>	U14	U18
	4pm – 7pm	7pm – 10pm
Fri Aug 28 <sup>th</sup>	U16	U17
	9am- 12pm	1pm – 4pm
Sat Aug 29 <sup>th</sup>	U16	U17
	6pm – 8pm	8pm – 10pm
Wed Sept 2 <sup>nd</sup>	U13	U15
Thurs Sept 3 <sup>rd</sup>	U13	U15
Fri Sept 4 <sup>th</sup>	U13	U15

**Location:** Trinity Christian School,  
Burlington, ON

**BOOT CAMP FEE: \$75.00** (payable to HRVC)  
Includes Boot Camp T-shirt

## Please mail registration to:

HRVC Boot Camp  
2120 Pineview Drive  
Oakville, ON L6H 5M4

Name: \_\_\_\_\_

Address: \_\_\_\_\_

City: \_\_\_\_\_

Postal: \_\_\_\_\_

Phone: \_\_\_\_\_

Email: \_\_\_\_\_

DOB: \_\_\_\_\_

OVA Club: \_\_\_\_\_

School: \_\_\_\_\_

ER Contact Name: \_\_\_\_\_

ER Contact Phone: \_\_\_\_\_

Health Card: \_\_\_\_\_

Circle T-Shirt Size Youth: M L Adult: S M L

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

\_\_\_\_\_  
Parent/ Guardian Signature

For more information contact HRVC  
[bootcamphrvc@gmail.com](mailto:bootcamphrvc@gmail.com)