

HRVC BOOT CAMP

Get the competitive advantage!

REGISTER EARLY

The purpose of the HRVC Boot Camp is to prepare yourself mentally and physically for tryouts and the upcoming season.

Who should attend? 13U to 17U athletes who are serious about their volleyball and fitness level and want to try out for an HRVC team in September.

What to expect?

BOOT CAMP will be fast paced volleyball. The camp is designed to be intense on-court training sessions.

Bill Seto, HRVC's Technical Director will challenge all athletes as he prepares the club for an exciting new season. Camp will help you assess your fundamentals and promises to challenge athletes of all levels.

ALL TRAINING AT TRINITY:

	6pm – 8pm	8pm – 10pm
WED Sept 7 th	13U & 14U	15U - 17U
THUR Sept 8 th	13U & 14U	15U - 17U
SAT Sept 10 th	9am- 12pm	13U & 14U
	1pm – 4pm	15U -17U

BOOT CAMP FEE: \$65.00

Payable to HRVC

Mail to:

HRVC
482 John Street, Suite 200
Burlington, ON L7R 2K7

Name: _____

Address: _____

City: _____

Postal: _____

Phone: _____

Email: _____

DOB: _____

2010 Team: _____

School: _____

ER Contact Name: _____

ER Contact Phone: _____

Health Card: _____

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.

By registering for BOOT CAMP you accept the terms and conditions outlined above.