



July 9th, 10th & 11th

Summer Volleyball Camp

Boys & Girls

**Led by Olympian &
Pro Beach Champion
Angela Rock**



Angela Rock, Women's Volleyball
Southwestern College
600 Otay Lakes Road
Chula Vista, CA 91910



2013 Indoor Volleyball Summer Camp Registration Form

Volleyball Camp July 9th, 10th and 11th at Southwestern College.

Name: _____ Telephone: _____

Address: _____ City: _____ Zip: _____

Years Played: _____ Position: _____ Height: _____ Male _____ Female _____

School you attend _____ Grade in Fall 2013 _____ VB Club _____

Do you have any pre-existing medical conditions? If yes, please explain: _____

Are you taking any prescribed medication? If yes, please explain: _____

Consent Release: We, (I) the parent (s) or guardian of the above named player, hereby grant permission for her to participate in the SWC Volleyball Camp and acknowledge that she is physically able to participate in all camp activities. We (I) release the camp, the college, and its employees from all claims or injuries which may be sustained by our daughter while attending camp. See directions on back of this page for payment and where to mail form

PARENT or GUARDIAN'S SIGNATURE _____

Camp Details

Sign up now to participate in our highly rewarding volleyball camps —the Angela Rock Skills Camps for both boys and girls . Every participant will receive personal instruction from Coach Rock, as well as learn about all parts of the game—over three exciting days perfecting your skills on the court! Get ready for your upcoming volleyball season by signing up today! Bring a friend! You'll learn lots in three days and have a great time doing it!

INDOOR VOLLEYBALL CAMP

July 9th, 10th & 11th

3:30—6 p.m. daily

PLACE

Southwestern College Gym

COST

Only \$60 per participant

AGE

Girls & Boys entering grades 8—12 (12 years & older)

Head Coach

Angela Rock

Head Coach, SWC Volleyball

Angela is in her fourth year as Head Coach of the Women's Volleyball team at Southwestern. Angela's volleyball experience is extensive as both a player as well as a coach of men and women's volleyball. She is still one of the leading money winners on the AVP tour (pro beach) and upon retirement had 27 beach titles to her credit. Angela earned the Most Valuable Player award in 1988 while she was a member of the United States National Team and later that year went to the Seoul Olympics as an outside hitter. In 1996 she coached one the top U.S. medal hopefuls, Nancy Reno and Holly McPeak, at the Atlanta Olympics. Angela has held coaching positions at Cuyamaca College, Mesa College (men's volleyball), UC Santa Barbara, San Diego City College and University of Fairbanks, Alaska. A graduate of SDSU, Rock earned both All-American and Hall of Fame honors when she helped the team to two NCAA Final Four appearances.

Rock holds two Master's degrees—one from National University and the other from Azusa Pacific.

Sample Session

First hour - basic skills training

Second hour - combination drills

Third hour - competitive drills

Register Today!

WHAT TO DO

Fill out the camp application on the back of this page and return it with a check for \$60 made payable to:

Southwestern College Volleyball Trust

Mail the application and check to:

Southwestern College
Attn: Coach Angela Rock
900 Otay Lakes Road
Chula Vista, CA 91910



Camp Specialties

Participants will be evaluated and placed into groups based on ability and experience. Varsity players will be introduced to advanced offensive and defensive skills such as hitting quicks, blocking, rolling, etc. Junior Varsity and Frosh players will focus on fundamentals and skills development.

