



Murrieta Valley Adult School and Community Education  
*"Pathway to Success"*

## **2015 GIRLS Volleyball Recreational Camp**

**WHAT:** -Lower Volleyball Camp (For all incoming freshman not participating in Upper Camp)  
-Upper Volleyball Camp (For returners and advanced players)

**WHEN:** Upper Camp: **July 13 - 31, no Wednesdays.** (Times vary. Check Calendar.)  
Lower Camp 1: **July 20 – 24** (5pm-7pm daily)  
Lower Camp 2: **July 27 – 31** (5pm-7pm daily)

**WHERE:** -Murrieta Valley High School Nighthawk Gymnasium

**MORE INFO?:** Visit our website and request more info by clicking on the link and filling out the questionnaire. It's simple, fast, and easy! Find it at  
<http://www.murrieta.k12.ca.us/site/default.aspx?DomainID=1640>

**FEE\*:** -Lower Camp (\$75 per session or \$140 for both)  
-Upper Camp (\$180 for 3 week, or \$125 for 2 week)

**Deadline (and/or parent meeting):** Freshman Parent Meeting: July 15 @ 7:00pm in the MVHS PAC (Performing Arts Center).

**Skill development:** Lower Camp: Players will get intensive, in depth drill and skill training to improve their skill level in all the basic aspects of the game (serving, passing, hitting, and setting).  
Upper Camp: Players will participate in more advanced drill and skill training techniques to further enhance their volleyball skills, as well as overall team concepts and philosophies.

### **PHYSICALS & WAIVERS:**

Each player must have a current physical by the first date of participation. Student athletes need to take the MVHS physical forms with them and have it completed by your physician. The form can be downloaded from the Murrieta Valley High School's athletic website (<http://www.murrieta.k12.ca.us//Domain/1636>). MVHS will also conduct their own physical examinations on Saturday, May 9<sup>th</sup> in the Murrieta Valley High School gym for \$25.

**For more information, contact the instructor:**  
Coach J.D. Miranda - [jdmiranda@murrieta.k12.ca.us](mailto:jdmiranda@murrieta.k12.ca.us)

\* Participation in recreational camps and activities is optional and separate from the regular school year.