



# Hopkins Summer Volleyball 2010

## Speed, Agility & Quickness Grades 7-10

Hopkins Volleyball players will have an opportunity to improve their speed and overall quickness to help enhance their volleyball game. *Get out of bed for SAQ and stay for skills sessions and camp!*

<b>SAQ 1</b>	<b>June 21-June 30</b>
<b>Cost</b>	<b>\$35</b>
<b>SAQ 2</b>	<b>July 12-July 22</b>
<b>Cost</b>	<b>\$40</b>
<b>Days</b>	<b>Mon-Thurs</b>
<b>Time</b>	<b>8:00am-9:00am</b>
<b>Location</b>	<b>Lindbergh Center</b>

**SAVE! Cost for SAQ 1 & 2 is \$65!**

## Volleyball Skill Sessions Grades 7-10

### **Passing & Defense Hitting Setting**

Pick your skill- passing & defense, hitting and/or setting! The Hopkins Volleyball Skills Sessions will provide quality coaching at an affordable price! Choose one skill one day and work on another skill the next day. *Attend SAQ first then stay to work on your skill specific volleyball needs!*

<b>Date</b>	<b>June 21-June30</b>
<b>Days</b>	<b>Mon-Thurs</b>
<b>Time</b>	<b>9:15-10:45</b>
<b>Location</b>	<b>Lindbergh Center</b>
<b>Cost</b>	<b>\$90</b>

## Hopkins Volleyball Summer Elementary, Junior High & High School Camps Grades 3<sup>rd</sup>-10<sup>th</sup>

The summer camps are open to any player entering 3<sup>rd</sup>-10<sup>th</sup> grade. There are multiple courts and players are divided into groups based on grade and/or ability. At camp the focus is on all areas of volleyball- passing, setting, hitting, serving & blocking. Players will also be grouped into teams for team-systems play! If you have a lot of volleyball experience or you are new to the sport, it doesn't matter.

EVERYTHING is covered in this summer camp! Come and play one of the fastest growing sports in the USA! Bring a positive attitude, a water bottle and kneepads. You will work hard and have FUN!

<b>Camp 1</b>	<b>July 12-15</b>	<b>Time</b>	<b>9:00am-11:00am</b>
<b>Camp 2</b>	<b>July 19-22</b>	<b>Location</b>	<b>Lindbergh Center</b>
<b>Cost</b>	<b>\$75/per camp</b>	<b>SAVE! Cost for Camp 1 &amp; 2 is \$125!!</b>	

The Hopkins Volleyball Summer SAQ, Skills Sessions & Camps are staffed by the high school coaches and players, as well as other quality coaches. Each program includes a Hopkins Royals Summer Volleyball T-shirt! Come and have a great summer with us!!

NAME \_\_\_\_\_ PHONE \_\_\_\_\_ GRADE/SCHOOL \_\_\_\_\_

ADDRESS \_\_\_\_\_ CITY \_\_\_\_\_ ZIP \_\_\_\_\_

PARENT SIGNATURE \_\_\_\_\_ EMERGENCY PHONE \_\_\_\_\_

I authorize the staff of the Hopkins Volleyball Summer programs to secure any medical treatment deemed necessary. I accept responsibility for such treatment. I waive and release Hopkins Schools and it's employees from any and all liabilities for injuries while incurred at camp.

**For more information: [www.hopkinsvolleyball.org](http://www.hopkinsvolleyball.org)  
[vickijoswenson@comcast.net](mailto:vickijoswenson@comcast.net)**

<b>REGISTER FOR:</b>	<b>SAQ1</b>	<b>SAQ2</b>	<b>SAQ 1&amp;2</b>			
<b>CAMP 1</b>	<b>CAMP 2</b>	<b>CAMP 1&amp;2</b>	<b>SKILLS SESSIONS</b>			
Please send payable to: Hopkins Volleyball			2400 Lindbergh Drive	Minnetonka	MN	55305