



Highlands Ranch Volleyball Summer Training and Weights 2018

Highlands Ranch Volleyball will be offering a skills and strength training program this summer. The program will be held in the gym and weight room at Highlands Ranch High School. The program will run from Monday, June 11, to Thursday, July 19.

Because many of you are still involved in the club season, you may begin at anytime and we will work around vacations. ***Incoming Freshmen, Players from the Freshman***, will meet on ***Mondays and Wednesdays***, players from the ***JV and Varsity teams will meet on Mondays thru Thursdays***.

We will meet in the HRHS lower gym from 9:00 am -10:30 am to do volleyball technique work. We will meet in the HRHS weight room from 10:30 to 12 noon to do strength and agility training.

The cost is ***70 dollars for the entire summer***. The checks should be made out ***Highlands Ranch High School***. Bring the check with you on the day you begin, and come to the HRHS gym and ask for Coach Krauss.

For those of you looking for summer camps, The Front Range Volleyball Club hosts several skills camps in June and July. These are the only camps I **recommend** as the techniques taught are very similar to those taught at Highlands Ranch.

For info : www.frvbc.com or call 303-770-9435.

The Highlands Ranch **preseason volleyball camp** begins on Monday, July 23. Info and sign up forms can be found on the HRHS website under Athletics:summer camps.

If you have any questions you may email: lwkrauss@dcsdk12.org

2016 Highlands Ranch Summer Camp Registration

Please Print. Do not include more than one participant per registration form; use blank form to make copies for additional participants. Please mail or bring in registration forms and checks to the Athletic Office, or the Camp Instructor.

Student's Name _____ Age _____

Parent/Guardian's Name _____

Address _____

Street

City

Zip code

Phone Number _____ Work Number _____

School student now attends _____ Grade (as of 2016-17 School Yr.) _____

Emergency Information: If we cannot contact parents, call:

Name _____ Phone _____

Relationship _____

Family Doctor _____ Phone _____

I/we (print parents names) _____ in return for my child's opportunity to participate in the 2016 Highlands Ranch Spring/Summer Camp do hereby exempt and release the Douglas County School District, its directors, officers, employees, and agents from any and all liability, claims, demands or actions whatsoever arising out of any damage, loss or injury that my child or I/we might sustain while my child is participating in the 2015 Highlands Ranch Spring/Summer Camp, whether or not such damage, loss or injury results from the negligence of Douglas County School District, its directors, officers, employees, volunteers or agents or any defective equipment. I/we understand that if I/we do not sign this release, then my child will not be permitted to participate in the 2016 Highlands Ranch Spring/Summer Camp. I/we hereby represent that I am/we are 18 years of age or older, and that I am/we are the parent(s)/guardian(s) of (insert child's name here) _____. I/we further acknowledge that no representation or promises by Douglas County School District representatives have been made in induce me to sign this release.

X _____
Signature of Student _____ Date _____

X _____
Signature of Parent or Guardian _____ Date _____

CAMP ACTIVITIES INSURANCE WAIVER

I fully understand the Douglas County School District Re. 1 does not provide health or life insurance coverage for the above named student while he/she is participating in camp activities. I/We further understand that it is my/our responsibility to provide adequate insurance coverage to the above named student.

X _____
Signature of Parent or Guardian _____ Date _____

Camp #

Camp Title

Date/Time of Camp

Cost of Camp

Please make checks payable to Highlands Ranch High School. Your processed check will be your receipt. All returned checks will be assessed a \$20.00 charge.