

Aliso Volleyball camp 08

Aliso Volleycamp is designed to improve the skills of returning high school players and players new to the game. Courts will be divided based on experience and coaching will be catered to the level of play on the court. Newcomers can expect to learn how to play, including the basic skills of passing, setting, serving, and hitting. Returning players will be pushed to refine their skills and raise the competitive level of their game in team play.

Camp Staff includes:

• **Doug O'Brien:** *Boys Varsity Head Coach @ Aliso Niguel H.S, Girls Freshmen Head Coach @ Aliso Niguel H.S.*
djobrien@capousd.org

• **Dan Bornfeld:** *Girls Varsity Head Coach @ Aliso Niguel H.S., Boys Freshmen Head Coach @ Aliso Niguel H.S.*

Equipment: All camp participants are encouraged to bring kneepads and water bottles. Shorts, T-shirts and athletic indoor/cross training shoes are appropriate attire.

When: August 18th – August 21st
5:00 –7:00 PM

Where: Aliso Niguel High School (main gym)

Cost: \$125.00 due August 1st • Registration after August 1st will be \$140.00
All participants will receive a camp T-shirt, individualized instruction and evaluation.
Please make checks payable to: **Doug O'Brien**
Return the bottom portion with check to:

Doug O'Brien c/o Aliso Volleycamp 08
28000 Wolverine Way
Aliso Viejo, CA. 92656

THIS IS NOT A CUSD SPONSORED EVENT • FLIER NOT PRINTED AT DISTRICT EXPENSE

Liability insurance will be provided for each camper - Participation in camp is not a prerequisite for participation in a school sponsored activity

(Please fill out the bottom portion and return)

Player's Name _____ Age _____ Height _____ Shirt Size _____

Home Address _____

Phone # Home _____ Work _____

Insurance Carrier _____ Policy # _____

Playing Experience _____

Position of preference _____

2008 BOYS VOLLEYBALL TRYOUT INFORMATION

If you are unable to attend camp but wish to try out for the Spring 09' Boys Volleyball Season, tryouts will be held **in December and January** in Aliso Niguel's main gym. A prospective player **must have a completed physical to try out.** For any additional information please visit www.alisoboysvollyeball.com or contact Coach O'Brien at the above e-mail addresses.