

Camp Schedule

9:00—9:15

Introductions

9:15—9:30

Warm up and stretch

9:30—10:30

Skills and Drills

10:30—10:40

Water and Snack

10:40—12:00

Skills and Drills

12:00—12:30

Lunch

12:30—2:00

Fun and Games



2013 VHSL STATE CHAMPIONS!



LANGLEY VOLLEYBALL

Showcase Tournament Champs
2006, 2013

Liberty District Champions
1999, 2004, 2007, 2012, 2016

Northern Region Champs
1999, 2007, 2013, 2015

State Finalists
2007, 2015

District, Region Finalists
State Qualifiers

1999, 2007, '09, '12, '13, '14, '15, '16

Return completed form and check to:

Langley Boosters Volleyball c/o Nancy Ayoub
Langley HS

6520 Georgetown Pike
McLean, VA 22101

Phone: 703-287-2752
Fax: 703-287-2764
E-mail: sshifflett@fcps.edu

Langley High School
McLean, VA

Langley High School
McLean, VA

VOLLEYBALL SKILLS CAMP



June 26—30

9 AM—2 PM

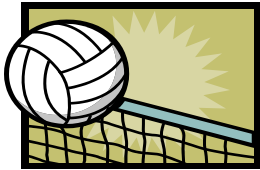
@ Cooper MS

977 Balls Hill Rd, McLean



Langley Volleyball Camp

2017 CAMP APPLICATION



Commit to being the best!

Sponsored By:

Langley High School Athletic Boosters

Camp Directors:

Susan S. Shifflett

Langley Head Girls' Volleyball Coach

Amy Dean

Langley Asst. Girls' Volleyball Coach

Michelle Bredehoff, Allison Prell

Langley Asst. Girls' Volleyball Coach

Jharred Tulloch

Penn State Club Coach, Edison Coach

STAFF:

Langley High School Volleyball Team

We are excited at the popularity and growth of volleyball in Northern Virginia. It is our goal to provide our campers with the skills necessary to become a competitive and successful volleyball player.

WHO MAY ATTEND:

Anyone between the ages of 8 and 14. No previous experience required!

LOCATION:

COOPER MIDDLE School in the Main and Aux gyms. 977 Balls Hill Rd., McLean. Courts may also be set up outside. Meet in the gym each morning.

WHAT TO BRING:

- Court shoes
- Knee pads
- A snack
- Water bottle
- Lunch

COST:

\$250.00 per camper

New this year. Online registration:

<http://www.langleyboosters.org/langley-volleyball-camp.html>

NAME _____

ADDRESS _____

EMAIL _____

(H) _____ (C) _____

GR _____ F M XS S M L XL

[^]GRADE for SY 16-17[^] GENDER SHIRT SIZE (ADULT)

METHOD OF PAYMENT (No REFUNDS after May 1, 2017)

Cash

Check made out to Langley Boosters

(Online option available. Link on bottom of previous page)

I hereby state that my child is in good health and has my permission to participate in all activities. I authorize the Langley Volleyball staff to authorize emergency first aid in the event of sickness or injury. My signature below releases the camp, sponsors, staff, and director from any and all liability. Please list any medical conditions the staff needs to be aware of during camp.

Parents Signature

Send to:

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