

**Western Guilford Lady Hornets  
Volleyball Camp**

**Application/Medical Form**

Please fill out, detach, and return to:

Western Guilford High Attention: Diane Long  
409 Friendway Road  
Greensboro, NC 27401

NAME: \_\_\_\_\_

ADDRESS: \_\_\_\_\_

City: \_\_\_\_\_ Zip: \_\_\_\_\_

Age: \_\_\_\_\_ Rising Grade: \_\_\_\_\_

School: \_\_\_\_\_

T-Shirt Size: YL S M L XL

Circle: Beginner    Developing    Advanced

Parent: \_\_\_\_\_

Phone#: \_\_\_\_\_

Emergency Contact: \_\_\_\_\_

Emergency Phone: \_\_\_\_\_

Allergies: \_\_\_\_\_

Medicines: \_\_\_\_\_

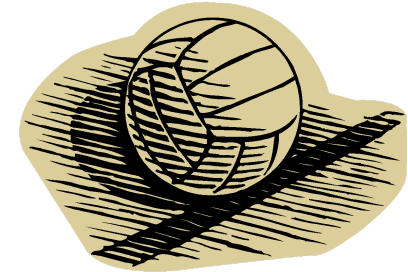
I understand that injuries may occur when participating in an athletic activity. I do not hold Western Guilford High School or the camp staff responsible for any such injury.

Parent Signature: \_\_\_\_\_



**Western Guilford High School**  
409 Friendway Road  
Greensboro, NC 27410  
(336) 316-5800

**WESTERN GUILFORD  
VOLLEYBALL CAMP  
2019**



**For: All Elementary, Middle,  
and High School age  
athletes interested in  
volleyball**

**Beginners, Developing, and  
Advanced  
are welcome to attend**

*1st-5th grade: 9-12pm*

*6th-12th grade: 1-4pm*

**July 29th-31st  
Monday- Wednesday  
Western Guilford Lady  
Hornets Volleyball**

**Date:** July 29th-31st \*Try to arrive 15 minutes prior to the start time.

**When:** 9:00-12:00pm: K-5<sup>th</sup>  
1:00-4:00pm: 6<sup>th</sup>- 12<sup>th</sup>

**Where:** Western Guilford High School Gymnasium

**Cost:** Cost: \$55 -(Checks accepted payable to Western Women's volleyball)  
(After June 5th - cash only please)

**Camp Director:** Diane Long

**Staff:** Western coaches, Former players, JO coaches, Katie Doering HPU Player, and WGHS players

**Includes:**

- Camp t-shirt
- Skill Development
- Offensive and defensive strategies
- Terminology and rules
- FUN!!!

**Beginners:** For all campers, our camp will offer skill development in an atmosphere that is fun and physically active. Our staff will strive to make it a positive experience for all involved. For our beginners, we will instruct the basic fundamentals with the hope that your child will take what she has learned and move with greater confidence into her school or other volleyball program. We also hope to spark an interest in a sport that can be played throughout a lifetime. For our more experienced campers, we will challenge them with perfecting their skills, and introducing more advanced techniques to help them compete at the highest level possible. Sign up today and be a part of the Lady Hornet Volleyball Program!

**Advanced:** For the high school participants this camp will be a refresher for fundamental skills, as well as an opportunity to learn new drills and skills. This is a chance to learn the Western Guilford Lady Hornet's system and get a head start on the season. It is also a chance to meet those you may be playing with in the future, bridging the gap between the middle and high school to build a unified dominating high school program.

**\*All campers should wear socks and tennis shoes, shorts and t-shirts , and should bring a water bottle.**

**Try-outs for the WGHS Volleyball 2019 season** will begin on Aug. 1st and continue through Aug. 3<sup>rd</sup> , with the first team practice on Aug. 5<sup>th</sup>. Times will be from 9:00 a.m. until 12 noon. Practice will continue every week day in the morning until school begins (for coaches), then we will move to after school practices.

**\*\*ALL tryouts, practices, scrimmages and matches are required, so plan ahead for vacation times.**

If you have any questions contact Diane Long at [longd@gcsnc.com](mailto:longd@gcsnc.com) or 336-469-5205  
*Not a GCS sponsored event*