

# NLVA Volleyball Camps 2009

**The NLVA in Conjunction with the Seahawks will host a series of Summer Camps.**



Camp will be instructed by:

Luke Harris  
Terry Mosher  
MUN Volleyball Coaches

& Various MUN Volleyball Athletes.

**Visit [www.nlva.net](http://www.nlva.net) for registration.**

#### Camps will include:

1. Skills Development
2. Skills Competition/ Team Competition
3. Weight Training / Jump Training
4. Swimming
5. NLVA T-Shirt
6. NLVA Water Bottle
7. Prizes

## Camp Info

#### • Camp Times:

All camps will take place from 9:00 am to 4:00 pm over 3 days.

#### Camp Dates:

July 13-14-15 (Grade 10 & Younger)  
July 15-16-17 (Grade 10 & Younger)

#### Camp Costs:

The cost of each camp is \$125.00

#### Camp Location:

Camps will take place at the MUN Gymnasium in St. John's

#### What Camp Attendees Will Need:

**Volleyball Gear, Sneakers, Shorts, Towel, Swim Suit, Lunch, 2 Snacks.**

Mail form and entry fee to:

NLVA  
P.O. Box 21248  
St. John's, NL  
A1A 5B2

Phone: (709) 576-0817  
Fax: (709) 576-7493  
Website: [www.nlva.net](http://www.nlva.net)

Name \_\_\_\_\_

Address \_\_\_\_\_

Phone \_\_\_\_\_

T-shirt Size: S M L XL

Gender \_\_\_\_\_ Age on Week of Camp \_\_\_\_\_

- Please make cheques payable to the NLVA.
- Please Circle the Camp Date that you will attend.

Signature \_\_\_\_\_ Date \_\_\_\_\_

Signature of parent or guardian if under 18 years of age. \_\_\_\_\_ Date \_\_\_\_\_