



## Highlands Ranch Volleyball Camps and Tryouts 2018

Highlands Ranch Volleyball will be offering a two week volleyball skills and conditioning camp this summer. The camp will be held in the **gym** at Highlands Ranch High School. The camp will begin on Monday, July 31. The schedule is as follows:

|                |                                      |  |
|----------------|--------------------------------------|--|
| <b>Camp #1</b> | July 23 – July 27                    | <b>Juniors and Seniors</b> -----8:00 - 11:00 am & 12:30 – 1:30 pm<br><b>Freshmen and Sophomores</b> -----12:30 - 3:30 pm |
| <b>Camp #2</b> | July 30 - August 2                   | <b>Juniors and Seniors</b> -----8:00 - 11:00 am & 12:30 – 1:30 pm<br><b>Freshmen and Sophomores</b> -----12:30 - 3:30 pm |
|                | <b><u>**Friday, August 3rd**</u></b> | <b>All Grade Levels</b> -----3:00 - 6:00 pm  |

**The Volleyball Season Officially begins on Monday, June 6<sup>th</sup>**

**Tryouts (required)    August 6 - August 8            3:00-6:00 pm**

**\*\*\* this is required for all grade levels \*\*\***

Week one will emphasize physical conditioning; jump training, and basic skills. Week two will emphasize skills and team concepts. It is strongly **recommended** that all those interested in trying out for the Freshman, Sophomore, JV, and Varsity squads attend **both** weeks of camp. Tryouts for these teams will begin the week following the camps.

**THE PRICE FOR CAMP IS \$70.00 PER WEEK - \$140.00 TOTAL for BOTH WEEKS.**

The Front Range Volleyball Club hosts several skills camps during the summer. These are the only camps **recommended** as the techniques taught are similar to those taught at Highlands Ranch.

For info : [www.frvbc.com](http://www.frvbc.com) or call 303-770-9435.

Information on **college summer volleyball camps** can be found at [www.rmrvolleyball.org](http://www.rmrvolleyball.org).

Send your **check / money order** made out to **HIGHLANDS RANCH HIGH SCHOOL** by **JULY 24th** to:

Louis Krauss  
6533 S. Downing St.  
Centennial, CO 80121

If you have any questions you may email: [lwkrauss@dcsdk12.org](mailto:lwkrauss@dcsdk12.org)

## NOTE TO PARENTS

**Volleyball is a CUT sport.** In order to make a team at Highlands Ranch High School your daughter must go through the **required tryouts** (August 6 – 8). The values of commitment, responsibility, and accountability are stressed in the Highlands Ranch Volleyball Program. By going through the tryout process and becoming a part of the Highlands Ranch Volleyball Program your daughter is making a commitment to the coaching staff and her teammates. Please **DO NOT** put your daughter in the difficult position of missing matches or practice by scheduling ***college visits, vacations and/or doctor / dental appointments during the season.*** This causes much harm to team unity, practice, and causes resentment in those honoring their team commitments, and will **DEFINITELY** affect playing time!

### **\*\*\*OUR SEASON CONTINUES DURING FALL BREAK!!!**

(October 9 through October 13)

WE WILL HAVE AN ABBREVIATED PRACTICE SCHEDULE DURING FALL BREAK, VARSITY ATHLETES ARE REQUIRED TO MAKE ALL PRACTICES DURING FALL BREAK.

***VARSIY CANDIDATES:*** IF YOU CANNOT MAKE THIS COMMITMENT

-----YOU **CANNOT** BE ON THE VARSITY TEAM!!!

# 2018 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 \_\_\_\_\_ T-shirt size \_\_\_\_\_

Parent(Guardian's Name) \_\_\_\_\_

Address \_\_\_\_\_

Street

City

Zip code

Phone Number \_\_\_\_\_ Work Number \_\_\_\_\_

School student now attends \_\_\_\_\_ Grade (as of 2018-19 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 2018 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 2018 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 2018 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.