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## Parental Consent & Medical Form

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Player's Name :

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Emergency Contact:

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Phone Number:

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Are there any existing physical conditions that the coaching staff should be aware of while at camp?  
(ex. surgery, allergy, etc.)

I, \_\_\_\_\_, am allowing my daughter to participate in the 2026 Paradigm Volleyball Summer Camps. I am aware of the possibility of injury during the regular course of intensive sports training. In the event of an injury or illness that requires medical attention, my family medical insurance will be used. It is not the responsibility of the coaching staff or Paradigm Volleyball to cover any medical expenses.

Parent Signature:

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Date: \_\_\_\_\_

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[www.paradigmvolleyball.com](http://www.paradigmvolleyball.com)

Our Lady of Mercy School for  
Young Women  
1437 Blossom Rd  
Rochester, NY 14610

Questions?  
(585) 545-8035  
[cjdenk@hotmail.com](mailto:cjdenk@hotmail.com)

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# 2026 Paradigm

## Volleyball

### Summer Training Camps



#### All Skills Camp @ Mercy HS

July 6 - 9th (9-3pm)

#### Volleyball IQ Camp @ Mercy HS

July 20 - 21st (9-1pm)

#### Tryout Tune Up Camp @ Mercy HS

July 27 - 28th (9-3pm)

#### Game Play Camp @ Mercy HS

August 10 - 12th (9-12pm)

# 2026 Paradigm Volleyball Summer Camps

This summer, Paradigm Volleyball once again be offering 4 very different and unique summer camps. These camps are for girls in grades 8 to 12. Grade exceptions are made for players with prior travel club experience. These camps are designed to teach proper technique, quality skill development, Volleyball IQ and the ability to compete.

All 4 camps this summer will be held at **Our Lady of Mercy School for Young Women**. At each camp players will be grouped together based on skill and experience level. Each group will receive intensive technical instruction and the necessary repetitions to reinforce each new skill.

The head coach for all 4 camps is **CJ Denk**. CJ is the Head Varsity Coach for Mercy High School, while also serving as the Director of the juniors beach program for New York Outdoor Volleyball Association (NOVA) and Hot Shots Indoor Volleyball Center. He is also currently the Club Director and 18s Head Coach for Paradigm Volleyball.

Other coaches will include current club coaches, current and former college players and other local high school and college coaches.

### \*PLEASE NOTE\*

- Each camper will receive a camp t-shirt and healthy snacks throughout the day.
- Lunch is not provided and is the responsibility of each individual player.
- Refunds are **NOT** available within 14 days prior to the first day of camp.

## All Skills Camp

This camp will stress fundamentals, technical focus and overall skill development. All aspects of individual offense and defense will be covered. This camp will help develop the overall skill level of each individual player. ***Previous volleyball experience is highly recommended.***

## Volleyball IQ Camp

This camp combines game play drills and strategy sessions within the game play to help players become smarter and mentally tougher. Creating a larger and more proficient Volleyball IQ is the goal of this camp. ***This is a high level camp and players NEED to have substantial high school or club experience.***

## Tryout Tune Up Camp

This is the *MOST* unique camps in our area. This camp was developed for girls looking to prepare themselves for the upcoming high school preseason. The coaching staff will stress fundamentals in conjunction with jump training, core strengthening and a large amount of competitive game play. ***This is a high level camp and players NEED to have substantial school or club experience.***

## Game Play Camp

This camp will be a high level, high intensity camp that will be focus on game play and game theory using 2s, 3s, 4s and 6s. ***This is a high level camp and players NEED to have substantial high school or club experience.***

## Player Registration Form

<u>Check Desired Camp:</u>	<u>Price</u>
_____ <u>All Skills Camp</u> July 6 - 9th (9-3pm)	<b>\$325.00</b>
_____ <u>Volleyball IQ Camp</u> July 20 - 21st (9-1pm)	<b>\$200.00</b>
_____ <u>Tryout Tune Up Camp</u> July 27 - 28th (9-3pm)	<b>\$225.00</b>
_____ <u>Game Play Camp</u> August 10 - 12th (9-12pm)	<b>\$225.00</b>
<b><u>Total :</u></b> _____	

Name: \_\_\_\_\_

Age: \_\_\_\_\_ Team: Modified JV Varsity

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

2026-27 Grade: \_\_\_\_\_

Club: \_\_\_\_\_ Team: \_\_\_\_\_

Email Address: \_\_\_\_\_

**T - Shirt Size (Adult Sizes): S M L XL**

### Payment options

1. Checks payable to Paradigm Volleyball

2. Venmo @cjdenk