



Antioch Community High School Summer Volleyball Camp



This summer, the ACHS Coaching Staff will be hosting girls volleyball camp for incoming freshmen. This is a great opportunity to start preparation for the upcoming season. Morning sessions will include conditioning, individual skill work, introduction of ACHS offense and defense terminology and schemes, and introduction of advanced skills. Afternoon session will continue with individual skills, team orientated drills, and game like drills with the sophomores

When: July 13th – 17th

Where: Antioch Community High School, 1133 Main Street

Time: 9:00 – 11:30am and 2:00 – 4:00pm

Cost: \$100 (this includes camp t-shirt))

Contact: Glen Heitman with any questions at gheitman60@gmail.com

To be returned

Please check any conditions that apply:

Know allergies _____ Asthma _____

Bee sting reaction _____ Medications _____

T-Shirt size (please circle) S M L XL

I hereby request you to accept the application for enrollment of: _____

in the Antioch Sequoits freshman Volleyball camp during the dates set forth in this application. I hereby release the District 117 Board of Education and its employees from all claims on account of any injuries which may be sustained by my child, and I agree to indemnify the Board of Education and its employees from any claim which may hereafter be presented to our child as a result of any injuries. If medical attention is required for injury or illness while in camp, and give permission for such medical care.

Parent or Guardian Signature _____ Date _____

Send registration and checks to:

Glen Heitman

17 Balsam Ave

Lake Villa, IL 60046

Payable to ACHS (girls volleyball)