



# Antioch Community High School Summer Volleyball Camp



This summer, the ACHS Coaching Staff will be hosting a girls volleyball camp for juniors and seniors. This is a great opportunity to start preparation for the upcoming season. Morning sessions will include conditioning, refining individual skills and learning advanced techniques. Afternoon sessions will continue with individual skills and team orientated drills. Offensive and Defensive schemes will be introduced.

**When:** July 13<sup>h</sup> – 17<sup>th</sup>

**Where:** Antioch Community High School, 1133 Main Street

**Time:** 7:00 – 9:30 am and 4:00 – 6:00 pm

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

Contact: Glen Heitman with any questions at [gheitman60@gmail.com](mailto: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 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)