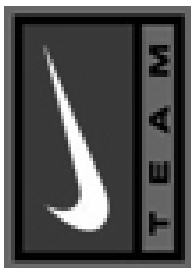


# KENTLAKE HIGH SCHOOL



# VOLLEYBALL



4th - 9th Grade Camp  
July 6-9

## 2009 FALCON VOLLEYBALL CAMP

### CAMP DIRECTOR: SHAWNA BEHRENS

Coach Shawna Behrens is entering her 5th year as the Falcon's Head Coach, *qualifying Kentlake Volleyball to back-to-back-to-back WIAA state tournament appearances in 2005, 2006 & 2007.* Coach Behren's camp experience is extensive and her philosophy is to make camp a place to learn new things, improve your overall skills, and to have fun.

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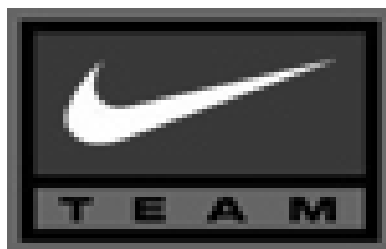
### CAMP STAFF:

Kentlake High School Head Coach Shawna Behrens is the lead instructor for the camp. Coach Behrens will be assisted by Kentlake staff, players from the program and several other experienced local high school and junior coaches.

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### ADDITIONAL INFORMATION:

- √ Camps will be conducted at Kentlake High School; main gym, auxiliary gym, and our brand-new gym will provide lots of courts for lots of kids!
- √ **Concessions** will be available for lunch EVERYDAY!
- √ **Nike T-shirt and Nike sport sack** for each camper.



Kentlake High School  
Kentlake Volleyball Camps  
21401 SE 300th Street  
Kent, Washington 98042

**2009 Kentlake Volleyball Camp**  
Registration Form

Name \_\_\_\_\_

Address \_\_\_\_\_

City \_\_\_\_\_ State \_\_\_\_\_ Zip \_\_\_\_\_

Phone (home) \_\_\_\_\_

Email \_\_\_\_\_

Male Age \_\_\_\_\_ Height \_\_\_\_\_

Female

School \_\_\_\_\_ Grade (entering 07') \_\_\_\_\_

Parent/Guardian Name \_\_\_\_\_

Adult/Youth shirt size  S  M  L  XL

Player Position (if applies)

Setter  MH  OH  OPP  Libero

**Falcon volleyball camp** July 6-9 \$80 OR  
\$20/day

I, hereby authorize my child's participation in the Kentlake Volleyball Camp. I know of no physical or mental disorders which, may affect my child's ability to safely participate in this camp. I recognize the risks inherent in my child's participation and I assume full responsibility for all injuries that may arise. I waive and release the Kent School District and all instructors from any and all liability for any injuries incurred while participating in this camp.

Parent/Guardian Signature: \_\_\_\_\_

\_\_\_\_\_ Date \_\_\_\_\_

**Please make checks payable to:  
Kentlake High School-Volleyball**

**2009 VOLLEYBALL CAMP**

**FALCON elementary CAMP**

(Boys & Girls, Grades 3rd-5th, 9-3 M-W, TH 9-noon)

**JULY 6-9**

cost \$20/day-\$80 for Mon.-Thur.

The **FALCON elementary CAMP** is designed for both the player who is just learning the sport. Players will be grouped by skill level to offer the most appropriate level of training for every athlete. The camp will focus on fundamentals of the sport and offer opportunities for every athlete to improve their all-around level of play. Each day will include skill training and competition.

**3rd-5th graders will participate in the  
Auxiliary & New Gym**

**FALCON middle school CAMP**

(Girls, Grades 6th-9th, 9-3 M-W, TH 9-noon)

**JULY 6-9**

cost \$20/day-\$80 for Mon.-Thur.

The **FALCON middle school CAMP** is designed for players who have played for middle school programs or club teams and are preparing for their upcoming high school season. Athletes will be grouped by skill level to offer the most appropriate level of training for every athlete. The camp will provide a mix of fundamentals, an introduction to more advanced concepts, as well as position-specific training. Each day will include skill training and competition.

**Tentative Camp Schedule:**

<b>8:45 am</b>	Check-in/T-shirts
<b>9:20 am</b>	Routines (warm-ups)
<b>9:45 am</b>	Advanced concepts training/skills
<b>11:00 am</b>	Competitions/Games
<b>12:00 pm</b>	Lunch Break
<b>1:00 pm</b>	Advanced concept training/skills
<b>2:45pm</b>	Skit/Fun Activities

**(Please see [www.kentlakevb.com](http://www.kentlakevb.com) for a Registration form, or contact 253.373.4618 ext. 2)**

**What to bring to camp....**

More than anything, it's important that you come to camp with a great attitude and a willingness to learn. All sessions will require athletic shorts, t-shirt, knee pads and court/cross trainer athletic shoes.

**QUESTIONS?**

**WEBSITE**

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

**VOLLEYBALL CAMP PHONE**

(253) 373-4618 ext. 2

**E-MAIL**

[Shawna.behrens@kent.k12.wa.us](mailto:Shawna.behrens@kent.k12.wa.us)

**SEND REGISTRATION TO:**

Kentlake High School  
Kentlake Volleyball Camps  
21401 SE 300th Street  
Kent, Washington 98042



**VOLLEYBALL**

"Each player will receive well-rounded instruction based on the same methods of training utilized by many successful NCAA programs"

**\$10 LATE FEE for registration the day of.  
REGISTER EARLY!**