

2023 Volleyball Camp

Who: Girls & Boys who are in Kindergarten-5th Grade for the 2022-2023 school year (current school year)

When: June 5th-8th: Monday-Thursday

Grades K-1 : 10:30 - 11:30 a.m.

Grades 2-3: 9:15 - 10:15 a.m.

Grades 4-5: 8:00 - 9:00 a.m.

Where: High School Gym in Zumbrota

Cost: \$45

***Includes a T-shirt**

***Make checks payable to Lisa Nelson**

What to bring: Water bottle & Gym shoes.

During camp week we will focus on basic volleyball skills such as passing, setting, hitting, and serving. We will learn a variety of skills through fun and engaging drills. Skill development, basic rule comprehension, and fun are the main goals. ZM Volleyball Coaches will be running the camp. We look forward to working with you!

Contact Information: Lisa Nelson

lisan@zmsch.k12.mn.us

507-254-4031

Deadline to sign up is Friday, May 19th. If you sign up after this date you may not receive a t-shirt.

Make checks payable to Lisa Nelson-Return slip to the office or Mrs. Nelson.

Name: _____

Grade (2022-2023): _____

T-shirt size: Youth Small _____ Youth Med. _____ Youth Large _____
Adult Small _____ Adult Med. _____ Adult Large _____ Adult XL _____

Address: _____

Phone #: _____ E-mail Address _____

Parent Signature: _____ Date: _____

I agree that the camp director, coaches, and ZM Public Schools are released and are waived from any and all past, present, and future claims, demands, or causes of action. I have full knowledge of the risks involved in this event and I am physically fit to safely participate. It is my responsibility to be properly insured and/or pay all medical costs in the event of an injury or damage to person or property and I will seek appropriate medical assistance if necessary. In the event I require medical attention, I hereby permit medical personnel to provide the necessary medical attention.