THE STAFF

Dede Bodnar has been coaching volleyball for 30 years. Prior to coaching for San Diego City, she coached club for 25 seasons. She also was named All-American at Cal Poly San Luis Obispo. During her coaching stint at San Luis Obispo Juniors she had coached her 18 and under team to 2-GOLD Junior Olympic Medals and 2 Silver medals. Coach Bodnar was named “Outstanding Female Coach” by the USA Olympic Committee and “Developmental Coach of the Year” by USA Volleyball. One can see that Coach Bodnar loves coaching when you watch her interaction with the campers and the improvement they make during each and every session.

We also will provide an excellent camper to coaching staff ratio to ensure the best instruction possible. This way the coaches can help give more coaching to ensure all campers learn a lot!

REGISTRATION FORM

Please complete this application and the “Consent, Declaration and Assumption of Risk” form on the reverse side and mail with your registration fee for each Athlete.

Athlete's Name: ____________________________
Athlete's Age: _______ # of years played: _______
Parent's Name: ____________________________
Address: _________________________________
City, Zip: _________________________________
Home Phone: ______________________________
Parent Cell Phone: _________________________
Email Address: ____________________________
T-shirt size: S ___  M ___ L ___XL_____  

Hurry and send in Registration fee by June 30, 2015 to save $26.00... (or if you register as a team you can SAVE!!!)
Checks must be made payable to:
SDCC Athletic Foundation

Send to:
SDCC Athletics
ATTN: Women's Volleyball Coach Dede Bodnar
1313 Park Boulevard
San Diego, CA 92101

For more information please contact:
Coach Bodnar (619) 388-3544
email address: dbodnar@sdccd.edu
San Diego City College is proud to present our first Girls Sports Camp featuring Volleyball! Fundamentals are the key to any successful athletic program. All aspects of volleyball will be covered: serving, hitting, passing, digging and setting, offensive and defensive individual / team strategies. Campers will have the opportunity to improve on their fundamentals, make new friends and have fun!

CAMP HIGHLIGHTS

All aspects of volleyball will be taught in an instructive, informative, and enthusiastic manner. Hands-on coaching and instruction will ensure proper fundamentals to help each athlete become the best that she can be!

TYPICAL DAILY SCHEDULE

9:00am: Check in & Registration
9:00-9:15: Stretching, agility, & warm-up
9:15-9:30: Passing & setting fundamentals
9:30-10:00: Individual and team drills incorporating passing, digging and setting
10:00-10:30: Serving & spiking fundamentals
10:30-11:00: Team drills incorporating offensive or defensive strategies
11:00-12:00: Game time: 2 vs 2, 3 vs 3, 4 vs 4, or 6 vs 6. These games may include back row attack, quick attack, & play sets. The games may be typical rally score or wash drill format.

NOTE: The main objective of each of the time breakdown is to help each player improve and become the best they can be!

Consent, Declaration and Assumption of Risk

I, __________________________ the parent/guardian of __________________________ consent to her participation in the 2015 Volleyball camp held at San Diego City College on (circle the one, the player will be attending):
2. August 3 - August 6, 2015 ______

I acknowledge the physical demands of said program are strenuous, vigorous & conducted at times in stressful climatic conditions such as heat, smog and humidity. In the instance the Air Quality Management District declares a pollution alert, all activity will be suspended.

I, the parent/guardian, do irrevocably and personally release, hold harmless and forever discharge the coordinators and employees of San Diego City College from all claims, causes of action, or liability of every kind which I may have in the future or that any person claiming through me may have in the future against San Diego City College by reason of any injury to the person or property with the participation of my daughter in the participation of said activities.

In the event of emergency, I understand that all attempts will be made by the program directors to notify parents/guardians and emergency contacts.

Print name of Parent/Guardian ___________ Date ___________
Signature of Parent/Guardian ___________ Date ___________
1st Emergency Contact ___________ Phone ___________
2nd Emergency Contact ___________ Phone ___________

Please list any health conditions or medications the program directors or employees should know about the camp participant:

San Diego City College Volleyball Camp
When: July 20-23, 2015 , High school-Adv, Int, Jr High
August 3-6, 2015, High school-Adv, Int, Jr High
Where: San Diego City College
Harry West Gym
Bring: Snack & Water Bottle
Cost: $125.00
(Note: If registration is paid before June 30th, cost is only $99.00. There is also a “Team Discount”: If you get 4 players from your team you get team discount, the players only pay $75.00) each.