



COACHING STAFF

Mary Askren - 20th Year Head Coach

Reagan Brown - 2nd Year Assistant Coach

CONTACT INFO

Mary Askren

Email: maskren@usd261.com

***"WORK HARD in
silence, let SUCCESS
be your noise."***

-Frank Ocean

COLT STRONG

WHO? Girls entering grades 9th — 12th

WHAT? Summer Weights and Conditioning Program

WHEN? Beginning June 1st — July 28th

NO WEIGHTS JULY 4th — JULY 7th

LADY COLT SESSION 8:00 am - 9:30 am

Mondays, Tuesdays, Wednesdays, and Thursdays

WHY?

- To take your game to the next level!
- To push yourself to reach your full potential!
- To increase your athletic ability!
- To give yourself the competitive edge!
- To take Campus athletics to the next level!



WHERE? Campus High School Weight Room

COST? F R E E

VOLLEYBALL OPEN GYM

WHEN? Tuesday, May 31st — Thursday, June 23rd

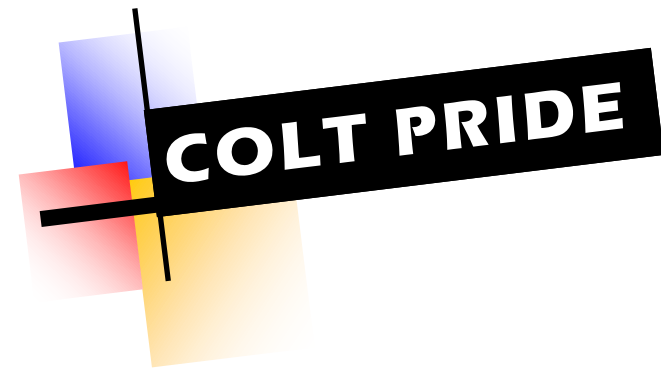
Mondays, Tuesdays, Wednesdays, Thursdays

6:30am — 8:00am

NO OPEN GYM — Tuesday, June 14th

*** 14 SESSIONS — F R E E***

CAMPUS VOLLEYBALL 2022

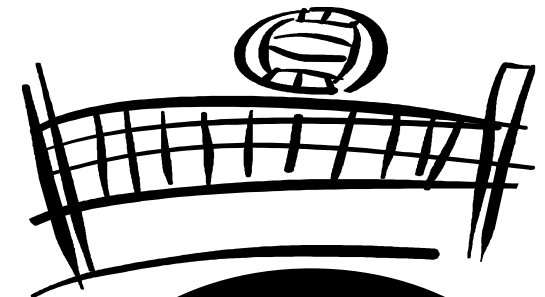


CAMPUS VOLLEYBALL 2022

Location:

**Campus High School
Main Gym**

2100 W. 55th St. South



**Head Coach
Mary Askren
maskren@usd261.com**

HIGH SCHOOL VOLLEYBALL



WHO: For students entering 9th – 12th
(Grade in the FALL of 2022)

WHEN: JUNE 27th – 30th
MONDAY – THURSDAY
9th – 12th GRADE ONLY:
10:00am – 12:00pm

We will focus on advanced fundamentals. Players will be exposed to defensive/offensive techniques and develop team systems. Players will be participating in an energetic, positive atmosphere that will propel their game to the next level. Be ready for an exciting, fast-paced, intense 4 SESSIONS of fun and competition!

COST: \$15

WHERE: CAMPUS HIGH SCHOOL
MAIN GYM Check-In

BRING REGISTRATION FORM FIRST DAY OF
CAMP – CHECK-IN 15min early in
MAIN GYM – CASH OR CHECK
Checks payable to: CAMPUS VOLLEYBALL

All players are expected to wear t-shirts, athletic shorts, athletic shoes, and bring a water bottle.

ALL PARTICIPANTS RECEIVE A
T-SHIRT AND 8 HOURS OF
POWER-PACKED INSTRUCTION!!!!



ELEMENTARY & MIDDLE SCHOOL

WHO: ALL girls entering 3rd – 8th
(Grade in the FALL of 2022)

See specific times for grade levels

WHEN: JUNE 27th – 29th
MONDAY – WEDNESDAY
7th - 8th Grade: 12:30pm - 2:00pm
**** 4.5 HOURS OF INSTRUCTION ****

Players will be taught fundamentals, offensive and defensive tactics, sportsmanship and knowledge of the game. All instruction is centered around a fun learning atmosphere and is intended to ignite interest in the sport! Players receive 4.5 hours of power-packed instruction., during these 3 SESSIONS.

***COST: \$10

3rd - 6th GRADE: 8:00am - 9:30am
**** 4.5 HOURS OF INSTRUCTION ****

We will focus on the basic fundamentals of volleyball. Skills will be introduced and incorporated in fun and interesting ways! Sportsmanship will also be a primary focus throughout these innovative sessions. Players will receive 4.5 hours of instruction.

***COST: \$10

WHERE: CAMPUS HIGH SCHOOL
MAIN GYM Check-In

BRING REGISTRATION FORM
FIRST DAY OF CAMP
Check in 15min early in Main Gym

CASH OR CHECK

Checks payable to: CAMPUS VOLLEYBALL

All players are expected to wear t-shirt, athletic shorts, athletic shoes, and bring a water bottle .

REGISTRATION

CHECK-IN 15 min. EARLY 1st Day of Camp
BRING THIS FORM FIRST DAY OF CAMP WITH
CASH or CHECK

Checks Payable to: Campus Volleyball

PLAYER: _____

T-SHIRT: (Circle one)

Youth S Youth M Youth L S M L XL XXL

GRADE IN FALL 2022: _____

EMAIL ADDRESS:

PHONE: _____

WAIVER:

As a parent or guardian of enrolled athlete, I give permission for my child to participate in these volleyball sessions and verify she is healthy and capable of participation. I release Campus High School and all staff from liability if any accident/injury may occur. I also give permission for directors to administer medical care and/or medication if the occasion arises.

PARENT SIGNATURE:

INSURANCE COMPANY/POLICY # :

???? QUESTIONS ????
PLEASE EMAIL

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Mary Askren - Head Coach