



4A STATE CHAMPIONS
2011 - 2012 - 2014

BENET ACADEMY SUMMER VOLLEYBALL CAMPS

Junior High and Elementary

GIRLS entering 2nd Grade through 8th Grade*

- High level 8th graders are invited to join the Benet High School camp July 8-9

- Up to date Techniques ~ All Skills ~ New Drills ~ Conditioning ~ Game & Tournament Play
- Meet High School Coaches ~ Train with Top High School Players ~ Learn from Experienced Coaches
- Have Fun ~ Challenge Yourself ~ Meet New Friends ~ Learn to Compete

Camp Option 1	Monday, June 10 – Thursday, June 13	1:00 – 7:00pm
Camp Option 2	Monday, July 8 - Thursday, July 11	2:00 – 8:00pm

Benet Academy Main Gym: 5th – 8th Grade
Benet Academy Small Gym: 2nd – 4th Grade

Camp Cost: \$255.00 or \$400.00 for both weeks
(\$225.00 if you register before May 1st)

Camp Breakdown:

2 hours	Skills Instruction – Individual Work
30-minute	Snack Break
2 hours	Team Drills – Scrimmages
30-minute	Snack (provided)
1-hour	Tournament



½ hour each day: Light conditioning with Coach Sayers

½ hour each day: “Teams” will do a fun activity – scavenger hunt, team building exercises & signing shirts

Elementary players will have age appropriate drills / activities and will play with lighter balls.

Campers will receive:

- Organized Instruction
- Daily Snack
- Individualized Skill Assessment/Evaluations
- Camp T-Shirt / Prizes

Items to bring to camp: Water, Snacks, Gym Shoes, Kneepads, Extra Socks/T-Shirt, and a Good Attitude!

Camp Directors:

- **Terri Zemaitis-Boumans** is a 3-time NCAA All-American & former member of the USA National Volleyball Team
- **Bonnie Bremner-Pettigrew** is a 4-time NCAA All-American and captain of the 1999 Penn State Women’s Volleyball National Championship team
- **Kim Sayers** is the Freshmen A and B Team Benet Academy Coach and personal trainer
- **Brad Baker** is entering his thirteenth year as the Head Varsity Coach at Benet Academy and has led his team to the Illinois State Championship Match 5 times, winning 3 times
- **Collegiate and High School Players will be court coaches for the camp**

To register mail form and check to:

Terri Boumans – 11 S 556 Book Rd. Naperville, IL 60564

Make checks out to: Terri Boumans

Or register online at : <http://www.benetcamps.com/girls-volleyball.cfm>

YOU WILL RECEIVE AN EMAIL AS CONFIRMATION OF REGISTRATION

Questions email terriboumans@mettlevolleyball.com or call Bonnie 630-330-7785



BENET ACADEMY

SUMMER VOLLEYBALL CAMP 2019

~ REGISTRATION FORM ~

Please check:				
	Camp Option 1	Monday, June 10 – Thursday, June 13	1 – 7 pm	\$255
	Camp Option 2	Monday, July 8 – Thursday, July 11	2 – 8 pm	\$255
	Both Camps			\$400

***Avoid online fee by mailing check**

Player's Name _____

Grade _____

School _____

Home Address _____

Parent's Cell (Emergency Number) _____

E-mail Address _____

Player T-Shirt Size (Circle one)

Youth Medium Youth Large Adult Small Adult Medium Adult Large

Parent's Name _____

I hereby grant permission for my daughter to attend Benet Academy Volleyball Summer Camp. My child has no medical condition that would interfere with her participation. I release Terri Boumans and the coaching staff from any liability or from any injuries that may occur.

Parent/Guardian Signature

Date

Amount Paid _____

Check No. _____

No refunds or credits

Mail Completed Form and Check to:

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Make checks payable to: Terri Boumans

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