



Volleyball 2010 Spring & Summer

- ✓ *13th Annual Skills Volleyball Camp*
June 7th-10th 9:00am-11:30am. Monday - Thursday in the LHS Gym.
_____ \$60.00, includes camp t-shirt.
(This camp is for young athletes & incoming Freshman)
JV & Varsity Players can work the camp, and earn \$ off other camp fees.
If interested – Please see Coach Whalen.

- ✓ *Englewood Rec League*
June 1st thru July 29th Tuesday nights, @ Englewood Rec Center. Match times TBA
Available to Fr, Soph & JV levels.
_____ \$25.00

- ✓ *Arapahoe Scrimmages @ Arapahoe High School*
Varsity – Invitation only
June 1st, 3rd, 8th, & 10th 6:30-9:30 (Tuesdays & Thursdays)
_____ No Cost

- ✓ *Lion Strength and Conditioning Camp*
Camp Goal: Develop and Improve Speed, Strength, Explosive Power & Agility.
Camp is for all Male and Female LHS Athletes.
June 21st-July 29th. Monday, Tuesday, Wednesday, Thursday
Session I: 6:30-8:30 Session II: 9:30-11:30
_____ \$150.00, includes camp t-shirt.

- ✓ *Western State College Team Camp*
Available to Soph, JV, Varsity levels.
July 25th-28th. Sunday-Thursday. Rafting trip available.
In Gunnison, Colorado. We will need help with parent drivers, please inform if interested.
_____ \$200.00 Includes 3 nights stay, with 9 meals in cafeteria, t-shirt, & lots of competition.

- ✓ *LHS Volleyball Team Camp*
August 9th-12th Monday thru Thursday @ the LHS Gym.
Time: 6:30-8:00am & 9:00-noon
_____ \$60.00, includes t-shirt.

- ✓ *Open Gym/Conditioning Dates*
Spring: April 7th, 14th, 21st 28th, & May 5th.
Summer: June 9th, 16th, 23rd, & 30th
Wednesday evenings: 6:30-8:00pm @ the LHS North Gym.

Name _____ Year Fall 2010 _____



- ✓ *Volleyball Season Begins*
Monday, August 16th, 9:00am in the LHS Gym. All paperwork must be completed at this time.

- ✓ *Physiotherapy Athletic Physicals*
Saturday, August 7th, 8:00-noon, @ LHS.
Contact Physiotherapy, 303-694-9193. Cost \$25.00, bring check to physical on the 7th.

Please contact Head Coach Margaret Whalen with questions or concerns, email mwhalen@lps.k12.co.us

Please return the above information to Coach Whalen by *Friday, May 7, 2010* with half of the total amount due. Please make checks out to Littleton Volleyball.