



2008 Newport Harbor Girls Summer Volleyball Camp

Camp Dates: Monday, July 14 – Thursday, July 31

Location: Newport Harbor High School

Cost: \$200

Times: Monday – Friday 6:30 – 8:00 am

Where? Newport Harbor Weight Room

Why? Learning Olympic lifts, speed training,
indoor techniques, and beach volleyball

Tuesdays and Thursdays 4:00 pm to 6:00 pm

Where? Newport Harbor Gymnasiums

Why? Indoor volleyball, summer league

* Varsity Hawaii practice August 8th, 9th, and 10th and Leave on Monday 11th. Return on Sunday August 17th. Varsity testing will be on Friday August 29th.

* JV and FS Volleyball Tryouts will be on Monday, August 25th

For summer camp, turn in this sheet with a check (made payable to *Newport Harbor Volleyball*) to the NHHS athletic office or mail to:

Newport Harbor High School

Attn: Dan Glenn

600 Irvine Avenue

Newport Beach, CA 92663

Questions? Call NHHS Athletics at 515-6308 or Email: dglenn@nmusd.us

Name: _____ Fall Grade: _____

Mother's Name: _____ Father's Name: _____

Phone: _____ T-Shirt Size: _____

Email: _____

Address: _____

2008 Newport Harbor Boys Summer Beach Volleyball Camp

Camp Dates: Monday, July 14– Wed, July 30
Location: Newport Harbor High School / Beach
Cost: \$170



Teaching: Beach Volleyball, Olympic lifts, speed training, indoor techniques, surfing, and Varsity Summer League

Times:

Monday, July 14	1:00 - 3:00 @ Grant. St.
Tuesday, July 15	2:00 – 4:00 @ NHHS
Wednesday, July 16	1:00 – 3:00 @ Grant St.
Thursday, July 17	1:00 – 3:00 @ Grant St.
Monday, July 21	1:00 – 3:00 @ Grant St
Tuesday, July 22	2:00 – 4:00 @ NHHS
Wednesday, July 23	1:00 – 3:00 @ Grant St.
Thursday, July 24	1:00 – 3:00 @ Grant St.
Monday, July 28	1:00 – 3:00 @ Grant St.
Tuesday, July 29	2:00 – 4:00 @ NHHS
Wednesday, July 30	1:00 – 3:00 @ Grant St.

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Name: _____ Fall Grade: _____

Mother's Name: _____ Father's Name: _____

Phone: _____ T-Shirt Size: _____

Email: _____

Address: _____

Important Dates for girls:

- = Orange County International Triathlon
- = Graduation
- = West Coast Prep Championships
- = Surf Festival (Manhattan 6-Man)
 - = 2006 Ann Kang Volleyball Tournament (Honolulu, Hawaii)
Depart Monday Aug 14 and Return Monday Aug 21
- = JV and Fosh-Soph Tryouts / Practice Starts 8:00 am
- = Varsity Testing / Practice 8:00 am
 - *30 double jumps and under 7:00 min mile to make the team**
- = Pacific Coast Triathlon
- = CIF Finals
- = State Finals (game on Nov. 25 over Thanksgiving)

