

Apple Valley VOLLEYBALL



High
Performance
Camp
July 6-9

AVHS HIGH PERFORMANCE CAMP FOR HS PLAYERS

Featuring Hall of Fame Coach Larry Hegerle! Coach Hegerle played for the US Men's National team and has coached at the college and high school level. His teams have made 3 MSHSL state tournament appearances.

CAMP DETAILS

This camp is intended for players entering grades 9-12 during the 2010 season.

Specific attention will be given to improving individual defensive play, serving/ serve receive, and serving strategy.

Team offensive and defensive schemes and strategies will also be covered.

**TUESDAY July 6th -
FRIDAY July 9th**

9 A.M - 3 P.M.

REGISTRATION DEADLINE:

June 11, 2010

Registration Fee - \$135

Make Checks payable to:
Apple Valley High School

Please complete and return the registration form with payment to:

**Coach Hagert
Apple Valley High School
14450 Hayes Road
Apple Valley, MN 55124**

**Questions?
Gordy.hagert@district196.org
Daniel.Seppala@district196.org**

REGISTRATION FORM

Name: _____

Grade (2010-11 school year) _____

Position(s): _____

Address: _____

City: _____

Parent/Guardian Name(s)

Email: _____

Alt. Email _____

Home Phone # _____

Day Phone # _____

Alt. Phone # _____

ALL Camps @ Apple Valley High School