

**S.P.I.K.E.™ Performance Camps/Clinics
Medical History & Release Form**

This form is to give us advance notice of a medical issue.
You must still complete the detailed medical release form found on our website www.spikecamps.com and turn it in at Check-In. We reserve the right to not accept any camper with pre-existing physical or psychological conditions, or campers without up-to-date immunizations.

Medical History

Please list medical conditions, allergies, injuries, impairments, and psychosocial or physical conditions of which camp/clinic staff should be aware.

Participant Name

First _____ Last _____

I authorize the directors of the camp/clinic to act for me/my daughter using their best judgment in any emergency requiring medical/dental attention. I approve of the leaders who will be in charge of this program. I recognize that the leaders are serving to the best of their ability. I also certify to the best of my knowledge that I/my daughter named hereon is physically fit to engage in the activities described above. If, during the course of my/my daughter's activities, I/she should become ill or sustain an injury, I hereby authorize you to offer first aid and obtain emergency medical/dental care. I have full medical insurance and will assume financial responsibility for the bills incurred through my insurance company. (Additional for parent/guardian: My daughter named above has my permission to participate in training, competition, and other camp activities.)

Signed _____ Date _____

Participant (if 18 years or older)

Parent/Guardian Print Name and Sign (if athlete is under the age of 18)

Parent/Guardian Signature _____

Date _____ Relationship _____



Camp/Coach Testimonials

"Hey. I am a mom not a player, but I hung around the gym a lot and I am a 14u coach. The camp was fabulous. I mean it. My daughter attends 10 camps or clinics a summer and has been to most in the Midwest and S.P.I.K.E. made the top 3 list of 35. I overheard some whiney types complain about how little down time they got and that they were sore...well, maybe next time they will follow the conditioning program! Down time is for home and not for when you have a great facility and several fab coaches available for your learning pleasure!"

—Jodi Zimmerman, Illinois



"I want to thank each of you for a great camp! My daughter, Kylie, and her friend, Meghan, had a blast! They did have a little bit of difficulty walking the fourth day! Ha, ha. Thanks so much for the wonderful hospitality. I felt very comfortable with the staff and each of the coaches that I met. I felt that you truly cared about our daughters and were looking out for them during their stay. They both said that they felt that they had learned a lot, which is hard to

get seventeen-year-olds to say! Thanks so much for the warm welcome and the wonderful experience!" (footnote: the following season, Kylie made All-State and the All-Tournament team in the State Tournament and was offered a volleyball scholarship.)

—Kim Easlon, Oklahoma

"What a great Volleyball camp in Monticello! Our daughter learned so much from your intermediate coaches and we felt safe leaving her with the supervision and organization you provided. She is ready to start with fall practices with more confidence and a stronger desire to improve her abilities with a sport she loves. Thanks for the great planning and team effort to make it worth the investment! Emily is already talking about next year's camp!"

—Allen & Melody Kadlec, Minnesota

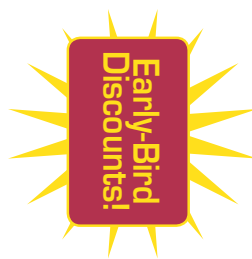
"I have a 16 year and 14 year old that went to your summercamp, they learned so much it was incredible. What impressed me is that when the girls returned to their school for open gym following the camp, the head coach commented to my daughters that they had made some great improvements."

—Joyce Kramer, Minnesota

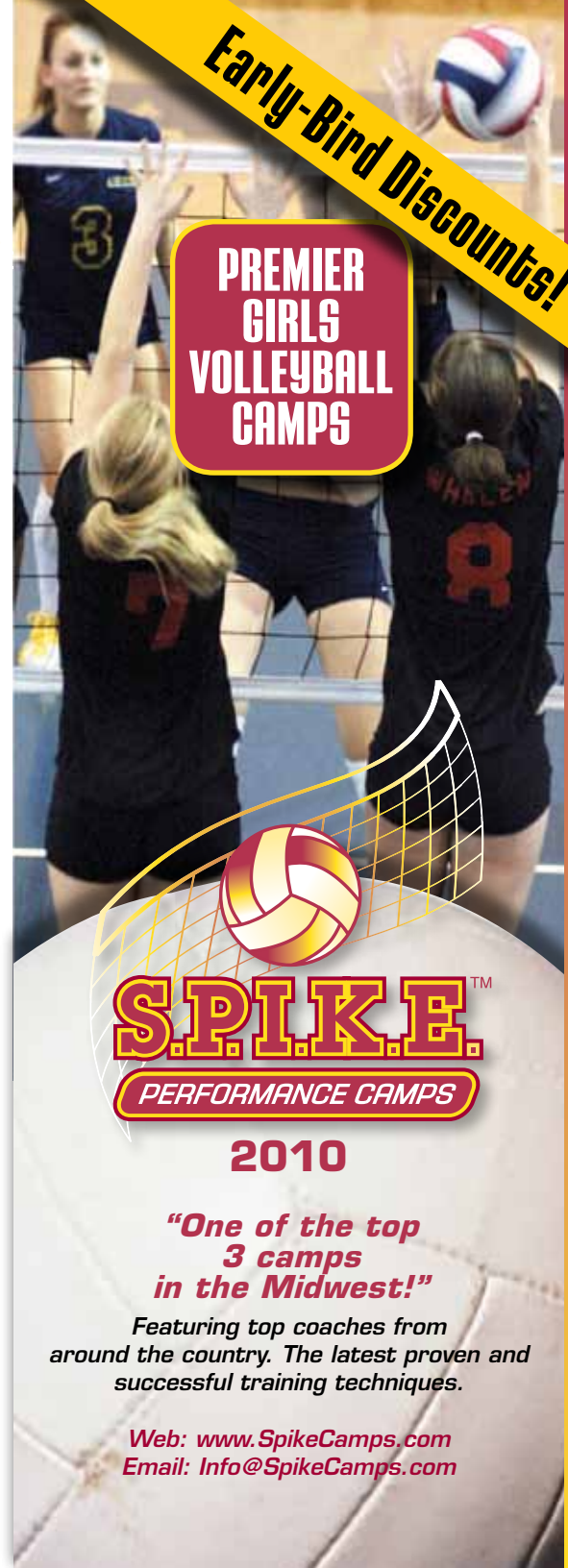


"We would like to thank you for the wonderful opportunity for CheyAnne to improve her skills, whether it was ball control, setting, or serving. She had the best time and while on vacation that is all she could talk about! You have made a lasting impression on her and she cannot wait to attend next year's camp! Letting them play with the advanced hitters was something that she really enjoyed! Kudo's to everyone involved with this year's camp! It was an experience she will never forget!"

—Mike, Stacey, and CheyAnne Maxwell, Minnesota



Blue Sky Marketing Inc.
(651) 687-9835
1568 Ashbury Court
Eagan, MN 55122 USA
Email: info@spikecamps.com
www.spikecamps.com



Early-Bird Discounts!

**PREMIER
GIRLS
VOLLEYBALL
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2010

**"One of the top
3 camps
in the Midwest!"**

**Featuring top coaches from
around the country. The latest proven and
successful training techniques.**

**Web: www.SpikeCamps.com
Email: Info@SpikeCamps.com**

LEARN MORE! LEARN MORE! LEARN MORE! LEARN MORE! LEARN MORE! LEARN MORE!

S.P.I.K.E.™ Performance Camps

“One of the top 3 camps in the Midwest”

We have great facilities and top coaches from around the country. In 2009 our coaches included:

- 9 collegiate head coaches
- 10 collegiate assistant coaches
- 3 European professional league players

S.P.I.K.E.™ Performance Camp coaches teach you to be a complete athlete, physical and mental. You will get excellent training in individual skills along with training in game-like situations (with adjustments for beginning or advanced athletes). That is why we call some of our sessions Hitting or Setting and BALL CONTROL, because every play in a match first begins with ball control. We seamlessly incorporate psychological training to help you learn faster and learn more.

S.P.I.K.E.™ Performance Camp Offers (some items apply only to resident camps)

- Very low player-coach ratio of less than 7-1
- Excellent, enthusiastic head and assistant coaches
- FULL days of instruction/training
- State-of-the-art video replay on select courts
- Air-conditioned, high-quality hotels for good sleeping
- On-site trainer during session hours
- Swimming pool (supervision provided)
- Camp T-shirt • Fun

See our web site SpikeCamps.com for more information.

Training Facilities

National Volleyball Center (NVC), MN is one of the top volleyball facilities in the nation. It is multi-use, state-of-the-art, and highly tuned for the sport of volleyball. The building and equipment are of world class standards, from the Bio-Cushion II floor to the Olympic quality lighting. (It's also air-conditioned.) Rochester is located just over an hour south of the southern St. Paul suburbs and has daily air service (or you can bus from the Mpls/St. Paul airport). **There is daily bus service from Rochester to the Mall of America, which boasts the largest indoor water park in the US.**

Monticello High School (MHS) Monticello, MN features an outstanding eight-court field house and is located less than 30 minutes north of Minneapolis and minutes from the north-west suburbs. Monticello is centrally located in the state and is easy to reach driving (just off Interstate 94) and is less than an hour from the Minneapolis/St. Paul International Airport. The Mall of America is only one hour away.

Mounds Park Academy (MPA) is conveniently located on the Maplewood-St. Paul (MN) border in a quiet, natural setting. MPA is home to the nearly new Lansing Sport Center, an exceptional and spacious 4 court multi-sport facility that can be easily reconfigured into 7 volleyball training stations.

Girls Premier Camps

1. Please register for the camp closest to your actual skill level for the most rewarding experience. These are guidelines. View more detail at www.spikecamps.com. EMAIL US WITH ANY QUESTIONS.

All Skills For experienced players entering grades 4-12. Athletes will be divided by skill level. NOT for novice beginners.

Intermediate Setting and Ball Control
Intermediate Hitting and Ball Control For athletes entering grades 8-12 who have solid all-around skills and are already specializing. Must have a minimum of 2 years of competitive club volleyball. This is NOT a beginner's camp.

Advanced Setting and Ball Control
Advanced Hitting and Ball Control For players who are already starting varsity athletes or equivalent (e.g. some players in very strong programs would be a varsity player in most other programs). Athletes should also have played AT LEAST 4 years of highly competitive club volleyball.

Libero/Defensive Specialist 2. Open to experienced Libero/defensive specialists grades 8-12. Athletes must be especially self-motivated and confident as this is the most physically demanding of all our camps. This is NOT a beginner's camp.

Team Camp Email us for information on a team camp at your facility.

Discounts

\$20 Early-Bird. Must register by 3/31/10

\$25 Multi-camp. \$25 off the 2nd and each additional camp.

\$20 Sibling. \$20 off your sister's registration.

Girls Camps	Day/Resident Options	Dates & Locations	Fees
All Skills	Day (Commuter) @ 8am-5:30pm	Rochester NVC June 20-22 Monticello HS July 11-13	\$315
All Skills	Resident Quad 4 per room (2 queens)	Rochester NVC June 20-22 Monticello HS July 11-13	\$375
All Skills	Resident Double 2 per room (2 queens)	Rochester NVC June 20-22 Monticello HS July 11-13	\$395
All Intermediate, Advanced, Libero camps	Day (Commuter) @ 8am-5:30pm	Rochester NVC June 23-25 Monticello HS July 14-16	\$325
All Intermediate, Advanced, Libero camps	Resident Quad 4 per room (2 queens)	Rochester NVC June 23-25 Monticello HS July 14-16	\$390
All Intermediate, Advanced, Libero camps	Resident Double 2 per room (2 queens)	Rochester NVC June 23-25 Monticello HS July 14-16	\$415
All Skills	Day Commuter 8am-4pm	Mounds Park Academy July 19-21	\$279
All Intermediate, Advanced, Libero camps	Day Commuter 8am-4pm	Mounds Park Academy July 22-24	\$299

Lunch included at all NVC and MHS camps. Breakfast and dinner included for Resident campers at NVC and MHS, except for 1st day breakfast and last day supper. NO lunch provided at MPA—bring your own bag lunch.

Supervision & Lodging

Camp staff supervises campers at all times, act as evening chaperones, and perform room-checks for resident campers. Campers are not allowed to leave the camp for any reason without a parent or guardian, who also must complete a Camp Release Form and must accompany their athlete from the camp. Any resident or day campers driving themselves to camp must give their car keys to a designated camp staff member. Keys are returned to day campers after the last training session each day and keys are returned to resident campers on the last day of camp.

Resident camper lodging is at high-quality air-conditioned hotels accustomed to hosting team athletic events. Rooms have 2 queen beds. Hotels have pools which campers may use during evening free time (supervision provided). There may be optional evening entertainment/video sessions. Wandering around the hotel and loitering in the hallways is not tolerated. Coach's rooms will be interspersed throughout camper floors for added supervision. Resident campers will be bused to and from the facilities and hotel.

How to Register:

Online: SpikeCamps.com

(online registrations are instantly processed and are preferred)

Phone: 651-687-9835

Mail: S.P.I.K.E.™ Performance Camps,
1568 Ashbury Ct., Eagan, MN 55122 USA



Terms and Conditions

- Full payment is required. We accept Visa/MC/echecks online and personal checks made out to SPIKE Performance Camps. Contact us if there are special circumstances.
- If you cancel your registration for any reason, you will receive a refund minus a \$100 administrative fee. If a health injury prohibits participation prior to camp, a physician's letter explaining the circumstances must accompany a written request for a refund and must be received prior to camp. However, no refunds or partial refunds will be given if you: cancel within one week of camp, fail to appear at the camp; arrive late or leave early; change from a Resident to a Day (Commuter) camper within 14 days of or during the camp.
- We reserve the right to not accept any camper with preexisting physical or psychological conditions, or campers without up-to-date immunizations.
- There will be no refund for any camper dismissed from camp. Grounds for dismissal include, but are not limited to: vandalism; use of alcohol, drugs or tobacco products; harassment; not following verbal instructions and/or rules.
- The coaches may move a camper to a session/court closer to her skill level if they determine she is in a group that is too advanced/not advanced enough.
- S.P.I.K.E. Performance Camps reserves the right to change or cancel camps at any time. Full or partial refunds will be offered and/or sent accordingly
- Enrollment is limited!

S.P.I.K.E.™ Performance Camps Application

Athlete's First Name _____ Last Name _____

Address _____

City _____ State _____ Zip _____

Phone () _____ Cell Phone () _____

Email _____

Date of Birth _____ Age _____ Grade in '2010-'11' _____ Height _____

Circle T-shirt size: (youth) — YM | YL | (adult) — AS | AM | AL | AXL

Roommate Request: _____

Mark choices

Rochester (NVC)	Monticello (MHS)	Mounds Park Academy (MPA)
<input type="checkbox"/> All Skills	<input type="checkbox"/> All Skills	<input type="checkbox"/> All Skills
<input type="checkbox"/> Interm. Set	<input type="checkbox"/> Interm. Set	<input type="checkbox"/> Interm. Set
<input type="checkbox"/> Adv. Set	<input type="checkbox"/> Adv. Set	<input type="checkbox"/> Adv. Set
<input type="checkbox"/> Interm. Hit	<input type="checkbox"/> Interm. Hit	<input type="checkbox"/> Interm. Hit
<input type="checkbox"/> Adv. Hit	<input type="checkbox"/> Adv. Hit	<input type="checkbox"/> Adv. Hit
<input type="checkbox"/> Libero/DS	<input type="checkbox"/> Libero/DS	<input type="checkbox"/> Libero/DS

Circle type: Day (Commuter) | Resident Camp Room: Double | Quad

School _____

Junior Club Team _____ # yrs. playing JO's _____

Describe playing history including school and J.O. We want to make sure you have signed up for the appropriate camp for your skill level.

Register online at www.spikecamps.com
Or, complete this form and mail with the correct camp fee to:
SPIKE Performance Camps
1568 Ashbury Court, St. Paul, MN 55122 USA

I have read and agree to the S.P.I.K.E.™ Performance Camps cancellation policy and agree to the terms of enrollment described in this brochure. I also agree to pay all camp fees..

Signature _____

S.P.I.K.E.™ Performance Camps is a Blue Sky Marketing Inc. Company.