

Cougar Volleyball Camp is a sports camp ministry of Washington Bible College designed to teach sport skills, encourage spiritual growth and to provide opportunity for fun and fellowship. It is held in the Wagner Center on the campus of the Washington Bible College in Lanham, MD.

Each session of camp is designed to develop your skills and knowledge in the sport of volleyball and to promote growth in your spiritual life and personal character.

Our camp staff consists of coaches and athletes who have a love for sports and for Jesus Christ and have a vision for reaching out to others.

Who May Attend:

Cougar Sports Camps Girls Volleyball Camp is designed for young ladies who have not yet graduated from high school, or are at least 10 years of age. The focus of the camp is the school age volleyball player who wishes to strengthen her volleyball skills and develop a deeper relationship with God.

Camp size is limited to 60 campers.

Day Camp Daily Schedule:

8:00-8:30am	Check In
8:30-9:15	Intro to the day/devotional
9:30-10:30	Skill Session I
10:45	Break
11:00-12:00	Skill Session II
12:00-1:00	Lunch
1:00-1:30	Devotional
1:30-2:30	Skill Session III
2:30	Break
2:45-3:45	Skills Session III
3:45-4:30	Wrap Up

Registration Details:

Pre-registration will be complete ONLY when the registration form is returned, completed fully and accurately, **with the appropriate \$25 per camper deposit.** All campers attending camp must submit appropriate medical information and have sufficient insurance coverage. Pre-registration holds a place for you in camp and will be deducted from the cost of the camp. Refunds will only be granted if notification is given one full week (7 days) prior to beginning of camp.

Camp Highlights:

- 5 full days of instruction, games
- Qualified, knowledgeable staff
- Team competition and individual instruction
- On-site Certified Athletic Trainer
- Each camper receives camp shirt
- Spiritual challenge each session
- Reasonably priced

Safety Matters:

- Water bottle must be brought
- Bring appropriate footwear and kneepads
- All campers must wear shorts and t-shirt.
NO SPANDEX

Cost:

Day Camp July 26-30: \$225 if registration form and deposit are received before July 1, 2010.

Camp Cost raised \$10 per camper (\$235) if registration and deposits are received after July 1, 2010.

Team Discount: Coach attends free, if groups of 8 or more from same team submit registration and deposits together before July 1, 2010.

Release for Medical Treatment:

Today's Date: _____
Last Tetanus Immunization (date) _____
List any allergies to medicine _____

List any required medication(s) _____

List any significant injuries or illnesses that medical personnel should be aware of _____

Contact Numbers for Emergencies:

Name _____

Work Ph. # (_____) _____

Home Ph. # (_____) _____

Health Insurance Company _____

Policy # _____

Waiver and release as required by the Washington Bible College Cougar Sports Camps for all campers: I hereby authorize any medical evaluation or treatment that may be advised or recommended by the attending medical personnel of (camper's name) _____ while at the Washington Bible College Cougar Sports Camps. In consideration of my application being accepted, intending to be legally bound, I do hereby for myself, my heirs, executors and administrators, waive, release and forever discharge any and all claims for damages, which I may or which may hereafter occur to me against Washington Bible College Cougar Sports Camps or their respective officers, agents, representatives, successors and/or assigns, for any and all damages which may be sustained or suffered by me in connection with, or participation in, Cougar Sports Camps on the campus of Washington Bible College. I, do hereby agree to the above waiver and release.

In addition, I understand that Washington Bible College's Cougar Sports Camps are Bible-believing camps that believe that the Bible is God's message of His Love to a world that is lost and is in need of a Savior, who is Jesus Christ. I understand that they will communicate a Christian perspective regarding life and character issues to me (sign and date below) during my time at camp.

Signature _____

Name (Printed) _____

Date _____