

## Player Registration

Name: \_\_\_\_\_  
Address: \_\_\_\_\_  
City/State/Zip: \_\_\_\_\_  
Phone: \_\_\_\_\_  
School: \_\_\_\_\_  
E-mail: \_\_\_\_\_

**Choose camp/s:** Little Rams (K-4) Youth Camp (5-8)  
High School Skills Camp (9-12) Advanced Camp (9-12)

### ACKNOWLEDGMENT & ASSUMPTION OF RISK & MEDICAL CONSENT FORM

I, the undersigned camp/clinic athlete, do hereby expressly and affirmatively state that I voluntarily wish to participate (camp/sessions) in the following sport: \_\_\_\_\_ on the following date(s): \_\_\_\_\_. I realize that my participation in this activity inherently involves risk of injury, including but not limited to the following: death, neck and spinal injuries (which may result in complete or partial paralysis), brain damage, injury to internal organs, injury to the skeletal system, and injury or impairment to the body's general health and well-being. In addition, I acknowledge that injury may also result in serious impairment of future abilities to earn a living, engage in other business, social and recreational activities, and generally enjoy life. These types of injuries may result from my own actions, the actions or inactions of others, or a combination of both.

I understand that the rules and regulations are designed for the safety and protection of participants and I hereby agree to abide by the rules and regulations administered by the camp/clinic staff. I also understand that certain activities require a minimum level of fitness for safe participation.

I acknowledge that I fully understand the contents of this Acknowledgment and Assumption of Risk statement before signing the same and have had an opportunity to ask questions. All questions I have asked have been answered to my complete satisfaction. Having done so, I agree to assume any and all potential risks of these activities and agree to hold Cornell College, its officers, employees and agents harmless for liability as it relates to this activity.

I hereby grant permission to the Cornell College camp/clinic staff, team physician, athletic trainers and other medical personnel to render aid, emergency treatment, medical or surgical care, preventative care, or rehabilitative care deemed reasonably necessary to my health and well being.

\_\_\_\_\_  
Camp/Clinic Athlete Signature                      Date

\_\_\_\_\_  
Parent(s) or Legal Guardian Signature                      Date

Phone in case of emergency: Home: \_\_\_\_\_  
Work: \_\_\_\_\_ Cell: \_\_\_\_\_

Send registration, completed medical release form (above) and check payable to **Cornell Volleyball** to:

**Cornell College  
Attn. Jeff Meeker  
600 First Street SW  
Mount Vernon, IA 52314**

Or register online @ [www.ramcamps.com/volleyball](http://www.ramcamps.com/volleyball)

**Cornell College Volleyball Camp  
600 First Street SW  
Mount Vernon, IA 52314**

# Ram Volleyball Camps 2008

**For girls & boys  
entering K-12 grades**



**Cornell College  
Small Multi-Sports Center  
July 28—August 2**



Jeff Meeker, the 2004 Iowa Conference Volleyball Coach of the Year, is in his sixth year at Cornell after two successful stints coaching in the NAIA ranks. Meeker, a graduate of Mount Vernon (Iowa) High School, received a bachelor's degree in psychology from Knox College. He received a master's degree in sport psychology from the University of Iowa.

In 1993-94, Meeker was a volunteer assistant coach for the University of Iowa volleyball team. From 1995 to 1998 he coached at Iowa Wesleyan; taking the Tigers from nine wins in 1995 to 20 wins in 1998. Meeker was named Midwest Classic Conference Coach of the Year in 1997. From 1999 to 2002 Meeker was an assistant men's volleyball coach at St. Ambrose.

Meeker has conducted camps throughout Iowa and Illinois over the past 15 years. He will also be coaching the USA Volleyball/Iowa Region Women's Junior National Team this summer.

## Little Rams Camp

K- 4th grades

**July 28-31 6:30-7:30 p.m.**

Introduction to the game of volleyball. Focus on basic fundamentals of movement, passing, setting, serving, and spiking. Game modifications, associated games, and a focus on fun provide for excellent early exposure to volleyball.

Regulation volleyball awarded to each camper.

**Camp Fee \$30**

## Youth Skills Camp

5-8th grades

**July 28-31 8:30-11:30 a.m.**

Focus on basic skill development with progression to basic team concepts. Our goal is to create an exciting learning environment where campers work hard to become better volleyball players.

Regulation volleyball awarded to each camper.

**Camp Fee \$65**

## High School Skills Camp

9-12 grades

**July 28-31 1:30-4:30 p.m.**

General skills camp for all high school players. Emphasis on technical development leading to enhanced team play. Our staff works hard to create a positive learning environment where campers work hard to become better players.

Regulation volleyball awarded to each camper.

**Camp Fee \$65**

## Advanced Development Camp

9-12 grades

**August 1 & 2  
9 a.m.-noon & 1-4 p.m.**

Intensive session for varsity-caliber athletes. More repetitions, faster tempo, emphasis on position-specific development. Written evaluation provided for each camper.

Regulation volleyball awarded to each camper.

**Camp Fee \$100**