

**Release of All Claims and Consent to Medical Treatment**

In consideration of the acceptance of my entry and application to attend the Volleyball Camp, I hereby release and hold harmless NBHS Volleyball Camp, the officers, directors, staff and members of NBHS Volleyball Camp, all personnel connected with or working as volunteers for this organization and any sponsors and other individuals or entities who are assisting in the conduct of the Volleyball camp, from any liability, illness or property damage that I sustain during my participation in this camp or that is in any way related to this camp. I understand that this release applies to myself, my child (if signed by a parent or guardian), and our respective personal representatives, heirs and assigns. I represent that I or my child or ward is adequately trained to participate in this event, that I recognize the risks of injuries accompany such participation and that I acknowledge that this Release is being relied upon by all the above persons in permitting me to participate. If, as a result of my participation in the NBHS Volleyball Camp, I require medical attention, I hereby give my consent to the NBHS Volleyball Camp and the above personnel to seek medical care for myself or my child or ward, (if signed by a parent or guardian) as is deemed necessary by authorized personnel of the camp or medical care providers. I hereby grant permission to NBHS Volleyball Camp, its successors and assign to use any photographs, video tapes, motion pictures, recordings or other record of the camp and my participation or that child or ward, for any legitimate reason.

**Signature of Parent or Legal Guardian**

\_\_\_\_\_

Date \_\_\_\_\_

**Medical Information**

Medical Allergies

\_\_\_\_\_

Routine Medications

\_\_\_\_\_

Name of Insurance Carrier (required)

\_\_\_\_\_

Policy Number

\_\_\_\_\_

Family Doctor

\_\_\_\_\_

Family Doctor Phone ( )

\_\_\_\_\_

**SKILLS CAMP**

**\$125.00 (\$115.00 IF PAID BY 8/1/10)**

**TEAM CAMP**

**\$125.00 (\$115.00 IF PAID BY 8/1/10)**

**BOTH CAMPS**

**\$250.00 (\$215.00 IF PAID BY 8/1/10)**

TOTAL AMOUNT DUE \_\_\_\_\_



Last Name \_\_\_\_\_

JH/MS - HIGH SCHOOL \_\_\_\_\_

First \_\_\_\_\_ Birth date \_\_\_\_\_

Home Address \_\_\_\_\_

City \_\_\_\_\_ State \_\_\_\_\_ Zip \_\_\_\_\_

E-Mail \_\_\_\_\_

**Required Emergency Contact Information – DO NOT LEAVE ANY BLANKS**

Parent/Guardian \_\_\_\_\_

Home Phone ( ) \_\_\_\_\_

Work Phone ( ) \_\_\_\_\_

E-mail \_\_\_\_\_

Cellular ( ) \_\_\_\_\_

If parent/guardian named above is not available, contact:  
Name \_\_\_\_\_

Home Phone ( ) \_\_\_\_\_

Work Phone ( ) \_\_\_\_\_

Relationship \_\_\_\_\_

Cellular ( ) \_\_\_\_\_

Mail this registration form & fees to:

LES WILLET:

3812 Edgewood Drive

North Bend, OR 97459

541-756-0189

LesW@coos-bay.k12.or.us

# North Bend High School



## SKILLS

## &

## TEAM

## VOLLEYBALL

## CAMPS

# August 2010

# NBHS VOLLEYBALL CAMPS

## SKILLS CAMP

AUGUST 9-12, 2010

9:00 am - 12:00

1:00 pm - 3:30

SOUTHWESTERN OREGON COMMUNITY  
COLLEGE

The Skills Camp is especially designed to meet the needs of athletes entering **grades 5-12**.

The Skill Camp focuses on all aspects of the game with the emphasis on fundamentals.

Skill development is emphasized during hours of on-court instruction in the following areas:

serving, serve receiving, forearm passing, setting, attacking, team defense, blocking, team reception, attack coverage and team transition.

Off-court sessions include lectures and fun activities. Campers are skill-tested and placed in a group of similar age and ability.

### TEAMS CAMP:

Coaches need to have all of their player registrations and fees together 30 minutes prior to Team Camp Check in.

### SKILLS CAMP:

Please come 30 minutes prior to the starting of the camp for Check in.

## TEAM CAMP

AUGUST 16 - 19, 2010

9:00 am - 12:00

1:00 pm - 3:30

NORTH BEND HIGH SCHOOL

The Coaching staff, athletes and local school coaches will be on hand to guide your team through tactics, techniques and the finer points of the game to put you a step ahead of your opponents.

Don't miss this opportunity to get your team together for valuable pre-season practice sessions and matches

The team camp (**grades 9-12**) will provide skills training sessions, team practice and competitive matches.

The camp coach will be on the court with his/her team running the workouts, and a coach or team representative will be along to assist.



### WHAT TO BRING:

- **Volleyball shoes**
- **Bottled water**
- **Running shoes**
- **Extra socks**
- **Healthy Lunch/snacks**
- **GREAT ATTITUDE AND the LOVE for Volleyball!!**

## COACHES

### AMY RAMSDEN

Amy Thompson Ramsden is currently directing volleyball camps at NBHS. Amy has directed the Bulldog summer camps for eight years. She played for NBHS and SWOCC. She made first team all-conference as a setter for the SWOCC Lakers. She was the head varsity volleyball coach at Moscow High School from 1995-2001. Ramsden was the varsity assistant coach at LaConner and Burlington-Edison High Schools in Washington, before her tenure at Moscow. She has coached at Washington State University and the University of Idaho volleyball camps.

Two-time Border League Coach of the Year and one-time Idaho State Coach of the Year.

### JEMENA WILLIAMS

Played from 1994-1997 at the University of Idaho. 12 years coaching volleyball, mix of JV, varsity and various age groups for club (USAV).

16 years coaching volleyball camps - around Washington, Idaho, Oregon, Montana - elementary through HS.

7 years coaching track and field, mix of HS and MS. Coached at the South Coast camp for 6 out of the past 8 years.

CANCER SURVIVOR!!

### AMBER ROWE MOSLEY

Amber Rowe Mosley is currently the Head Women's Basketball Coach at Highline Community College in Seattle. She was the assistant varsity volleyball coach under Amy Ramsden from 1998 - 2000 at Moscow High School before she left to pursue her master's degree in kinesiology and coaching at Georgia Southern University. While at GSU she was the 3rd Assistant for the women's basketball team.