

**Registration for Kempner Lady Cougars  
Volleyball Camp**

Name \_\_\_\_\_

Address \_\_\_\_\_

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

Parent's Name \_\_\_\_\_

Email \_\_\_\_\_

Phone (H) \_\_\_\_\_

(W) \_\_\_\_\_

(Cell) \_\_\_\_\_

Grade (Fall 2018) \_\_\_\_\_

School (Fall 2018) \_\_\_\_\_

Age \_\_\_\_\_

Medication/Medical Conditions  
\_\_\_\_\_  
\_\_\_\_\_

**This organization & its activities are not related to  
or sponsored by FBISD**

**Waiver of Claim**

I, as a parent or guardian, hereby give permission for my child to participate in the Kempner Volleyball Camp and acknowledge the fact that she is physically able to participate in camp activities. I hereby authorize the director of the Kempner Volleyball Camp to act for me according to their best judgment in any emergency requiring medical attention. I hereby waive any claim I might have against the camp and/or institution providing the facilities.

Signature \_\_\_\_\_

Date \_\_\_\_\_

*Kempner Lady Cougar  
Volleyball Camp  
2018*

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*Tuesday, July 31, 2018*

*5-8pm*

*Kempner High School*



*Kempner Lady  
Cougar Volleyball  
Camp*

*14777 Voss Rd.  
Sugar Land, TX. 77478*



*Contact Melynda  
McGregor (Coach Mac) for  
more information*

*Phone: 281-634-6800*

*Email:*

*Melynda.McGregor@fortbendisd.com*

*For: Girls entering 9<sup>th</sup> grade*

*Date: 5-8pm*

*Location: Kempner High School Gym*

*Time: 5-8pm*

*Fee: \$5 to be paid at the door*

*Payments can be dropped off at the school front office or mailed to:*

**Kempner Girls Basketball Attn: Melynda McGregor  
14777 Voss Rd.**

**Sugar Land, TX. 77478**

**\*Please make checks payable to:  
KHS**

**Please email Coach Mac by July 27, 2018 to let her know that you will be attending.**

[Melynda.mcgregor@fortbendisd.com](mailto:Melynda.mcgregor@fortbendisd.com)

***Camp Attire:** Tights or shorts, t-shirt, socks, knee pads and volleyball shoes (or tennis shoes).*

## **Camp Highlights**

- Volleyball skill training which includes individual instruction on serving, offensive moves, defense, hitting, blocking, digging, team concepts, sportsmanship, and fun.

### *SKILLS FOCUSED ON AT CAMP:*

*FORM*

*DEFENSE*

*OFFENSIVE*

*BLOCKING*

*SERVING*

*TEAM CONCEPTS*

*DIGGING*

*DIVING*

*SELF-IMPROVEMENT SKILLS*

*TRANSITION*

*SPORTSMANSHIP*

*COMPETITION*

*Contact Melynda McGregor (Coach Mac) for more information*

*Phone: 281-634-6800*

*Email: Melynda.McGregor@fortbendisd.com*

### SCHEDULE

4:30	REGISTRATION/OPEN GYM
5:00	ROLL CALL/ GROUP TALK
5:20	SKILL FOCUS
5:35	TEAM SERVING COMPETITION
5:45	INDIVIDUAL COMPETITION
6:00	SPECIFIC FUNDAMENTAL STATIONS
6:30	BREAK
6:45	SPECIFIC FUNDAMENTAL STATIONS
7:00	TOURNAMENTS
7:30	COMPETITION
8:00	DISMISSAL

**CAMP DIRECTOR: MELYNDA MCGREGOR**

**ASST. VOLLEYBALL COACH AT KEMPNER HIGH SCHOOL**

THIS IS COACH MAC'S 10<sup>TH</sup> YEAR COACHING. THIS CAMP WAS CREATED TO INSPIRE THE YOUNG CAMPERS TO WANT TO JOIN THE GIRLS VOLLEYBALL PROGRAM IN THE FUTURE. COACH MAC HAS ATTENDED NUMEROUS CLINICS AND WORKSHOPS, AND BELIEVES THIS CAMP SHOWCASES THE IMPORTANCE OF THE FUNDAMENTALS.