

Glencoe Volleyball Camp

2011



Glencoe High School
Volleyball Program
2700 NW Glencoe Road
Hillsboro, OR 97124

Phone: 503-844-1900

Camp Dates

August 16th—19th

Camp Schedule

Skills Camp

(Entering 3rd - 9th grade)

Tuesday—Friday

8:30: Gym Opens

9:00—10:00: Warm-up and Skill
Introduction

10:00—11:00: Drill and Game
Situations

11:00—12:00: Break & Games

High School Camp

(Entering 9th - 12th grade)

Tuesday—Friday

1:00—1:30: Warm-up & Skill
Practice

1:30—4:00: Games, Break &
Tournament Play

Camp will take place at the Glencoe High School Gymnasium. Athletes are encouraged to arrive prior to 8:45 on Tuesday morning to check in.

Glencoe
Crimson Tide
Volleyball

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Glencoe Skills Camp

This four-day camp is for 3rd through 9th graders. It will take place August 16th – 19th from 9:00–12:00 at Glencoe HS. The cost will be \$50 and includes a camp t-shirt. The camp is an excellent way for younger athletes to gain some exposure to the game of volleyball and develop skills needed to be a successful player in later years.

The camp is for beginners and advanced and will focus on individual skills such as hitting, blocking, serving, digging and setting. The emphasis is on ACTIVE participation through games and drills designed to build a love for the game of volleyball. There will be a 10:1 player to coach ratio which will ensure optimum skill development and technique.

Glencoe High School Camp

This four-day camp is for 9th through 12th graders. It will take place August 16th – 19th from 1:00–4:00 at Glencoe HS. The cost will be \$50 and includes a camp t-shirt. The camp will allow older athletes, who are interested in participating in competitive high school volleyball programs, to refine skills and simulate game situations.

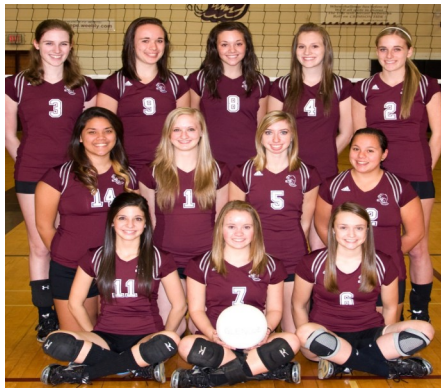
The camp will focus on individual skills such as hitting, blocking, serving, passing and setting. It will also provide ample time for game-like situations. There will be 3-on-3, 6-on-6, and grass volleyball tournaments which is sure to be fun for all levels of abilities. The overall camp encourages skill improvement, team building, and most importantly, having Fun!

Building Success

Camp Director Whitney Sahlfeld enters her 9th year as the head coach at Glencoe. She was a 4-year starting setter at Saint Mary's College, an NCAA Division 1 volleyball program in the West Coast Conference and set records in both assists and digs. Whitney Sahlfeld has coached volleyball for the last thirteen years; her first 4 years as a head coach at both Lamorinda Volleyball Club and Orange County Volleyball Club in California. She then went on and assisted at Concordia University in Irvine, Ca. where she focused on conditioning, defense and setting. For two years, Whitney also coached at Lakeside volleyball club. In the past eight years at Glencoe, the volleyball team has made the state playoffs 5 times and had over 31 girls who have received all league honors.

The Upcoming Season

Coming off a 4th place finish in Pacific 6A Conference, Glencoe looks to bounce back in the 2011 season to the top of the Pacific League. Although the varsity team graduated 5 seniors, the returners, along with those coming up through the program, will be an exciting group to watch. With hard working and committed young players, Glencoe volleyball will prove to be a force next year, and many years to come.



Glencoe Varsity Team 2010

Camp Registration Form

Name _____

Grade (2011-2012 year) _____

Address _____

Phone _____

Medical Insurance Co. _____

Policy # _____

Emergency Phone _____

I hereby authorize my child's participation in Glencoe HS volleyball camp. I authorize the staff to act in place of my absence in case of illness or injury of my daughter. I will not hold the staff liable for injuries, illnesses or expenses occurred while my daughter is participating in this activity.

X _____

Which Camp will you be attending?
(Incoming Freshmen should attend both camps)

Skills Camp:
Grades 3–9: \$50

High School Camp:
Grades 9–12: \$50

Both Camps:
(Grade 9 Only): \$65

T-Shirt Size (Adult)

Small Medium
 Large X-Large

Please detach and mail this form to the address below with a check, made payable to Glencoe Volleyball.

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