

# STINGER



## Volleyball Skills CAMP



Enrolled ACHS Students Only  
July 15 - 19, 2019

### Stinger Volleyball Skills Camp c/o

Camarillo High School  
4660 Mission Oaks Blvd.  
Camarillo, CA 93012



### camp coaching

The Camarillo Stinger Volleyball Skills Camp is led by Camarillo High School Coaching staff - Stephen Zavala (Varsity), Bryan Staples (JV), Edgar Smith (FS), and assistants Dani Helland and DeVan Alo.



Coach Zavala was introduced to volleyball by his sisters at the age of 7 years old and the rest is history. He played for top CA vb clubs, winning 18's Gold at Junior Nationals.

He played as a setter at Pacific University, and had the opportunity to train at the University of Hawaii and assist with coaching while there.

He was the Head Coach for the men's program and Associate Head Coach for the women's program at Pacific Union College. He also coached at The Branson School in Marin, Ca winning 5 State Championship in 7 years in Girls' Division V. He also enjoys assisting the UCLA summer skills camps for high school athletes.

He is looking forward to coaching at Camarillo High School and bringing his experience and skills to the future of ACHS Volleyball. He has helped many athletes move to the next level and hopes to do the same for Scorpion players.

When he's not coaching, he enjoys hanging out at the beach with my wife Bradlee and 2 boys Roman (2) and Remington (1)

Go Scorps!!



Campers will participate in drills teaching the technical aspects of the game, increasing their skill level while having fun. Proper fundamentals are the focus, emphasizing form, movement, and technique. Beginning players will have the opportunity to learn a fun sport. Experienced players will have the opportunity to sharpen skills. This will be a great camp for passers, setters, hitters and blockers of all skill levels.

## **camp information**

Campers will be placed into groups of similar skill level to ensure the most improvement, challenge, and fun. Camp enrollment will be limited to allow for a low camper-to-coach ratio. Send your application ASAP.

### **where**

CAMARILLO HIGH SCHOOL GYMNASIUM  
4660 Mission Oaks Blvd  
Camarillo, Ca. 93012

### **when**

**July 15th to 19th**  
1:00 to 3:00pm(ish)

### **cost**

**\$125 per player**  
(includes T-Shirt, Camp Picture & Fun)

### **what to bring**

Water - Knee Pads - Court Shoes  
**PHYSICAL FORM is MANDATORY**  
(please complete all forms on AthleticClearance.com)

### **send registration to**

Stinger Volleyball Skills Camp  
4660 Mission Oaks Blvd.  
Camarillo, Ca 93012

### **questions**

Varsity Coach: Stephen Zavala  
vbsetter@outlook.com  
707-256-9331  
or  
Rob.Vandermay@oxnardunion.org  
805.320.0246

Dear Future Scorpion Families,

We are excited about your arrival at ACHS. Camarillo High School is an academic environment dedicated to the success of all students. Participation in sports and other extra-curricular activities is a major factor in the high school experience.

We were happy to see so many incoming students indicate interest in Girls' Volleyball.

Please note the following important dates for students enrolled at ACHS:

- **Stinger Volleyball Skills Camp: July 15 - 19 from 1:00 to 3:00(ish)**  
Designed to teach the basics of the sport. While it will help prepare students for tryouts, it is not necessary to attend the camp before participating in tryouts, nor does it guarantee a spot on the team. Approximately 70 students have indicated some interest in volleyball, generally 35-40 attend the camp, and about 40 tryout for the team, not always the same who attend the camp. We have approximately 12 spots available for FS/JV players.
- **ACHS Team Tryouts: July 22 to 26 (\*Cuts made each day) from 1:00 to 3:00(ish)**  
\*\*Please contact Coach Zavala if not able to make these tryout dates
- **FS Summer Practice begins as soon as tryouts are complete.**  
FS Summer Practice, Leagues, and Tournaments continue throughout the summer and official vball season begins August 15 - very early this year!
- **School begins August 27**

Students making the team will enroll in 6th Period Volleyball rather than regular PE. Practices are typically 2:00 (6th Period) to 4:45 through October on non-game days. Teams play matches generally on Tuesdays and Thursdays with at least two local tournaments on Saturdays.



Please email Coach Zavala if you have any questions regarding the Skills Camp, Tryouts, and/or season:

**vbsetter@outlook.com**



# registration form

Please complete this registration form completely and return with camp fees.

**PHYSICAL FORM** (available in the Camarillo High School Offices) **MUST** be on file by the beginning of camp.

Stinger Volleyball Skills Camp is open only to students enrolled at ACHS in fall.

\_\_\_\_\_ **Camper's Name**

\_\_\_\_\_ **Father's Cell**

\_\_\_\_\_ **Mother's Cell**

\_\_\_\_\_ **Camper's Cell**

\_\_\_\_\_ **Father's email**

\_\_\_\_\_ **Mother's email**

\_\_\_\_\_ **Camper's email**

**T-shirt size (Adult) S M L XL**

registration forms are due  
ASAP

**We look forward to  
seeing you  
at the  
ACHS  
STINGER  
VOLLEYBALL  
SKILLS CAMP!!**

# consent, declaration & assumption of risk

I/We \_\_\_\_\_, the parents/guardians  
of \_\_\_\_\_, herein consent to his/her  
enrollment in the STINGER VOLLEYBALL SKILLS CAMP at  
Camarillo High School.

I/We acknowledge that the physical demands of said program are strenuous, vigorous, and conducted at times in a stressful environment from a standpoint of climatic conditions (heat, humidity, smog, etc.). Program Directors of said program have requested all information, past and present, with regards to the participant's health condition, that could aid program directors and medical authorities in the event of medical emergency involving child. In that respect, the following information is provided:

\_\_\_\_\_

\_\_\_\_\_

I hereby authorize the staff of the STINGER VOLLEYBALL SKILLS CAMP to act for me according to their best judgment in any emergency requiring medical attention. Furthermore, I hereby waive and release the School, Camp, and its organizers from any and all liability including, but not limited to, injuries, illness, medical attention (administered or not administered), or loss of property incurred while at Camp. My signature on this waiver also states that the above named camper is covered by my personal medical insurance and that our only recourse for any incident, regardless of the nature and/or amount is to file a claim on that policy.

Executed this \_\_\_\_\_ day of \_\_\_\_\_, 20\_\_\_\_.

\_\_\_\_\_  
Signature of parent/guardian

In the event that a parent/guardian cannot be reached, please provide emergency contact information:

\_\_\_\_\_  
Name /Phone number

Physician to be contacted:

\_\_\_\_\_  
Name /Phone number