



Volleyball Training Camp Summer 2015



June 8-25; July 6-23

Monday-Thursday
(All Students)

10:00 AM - 1:00 PM

426 n. San Felipe
San Antonio, Texas, 78228

Phone:
Office (210) 433-9395
Cell (210) 843-0253

E-mail:
ruben.calderon@holycross-sa.org

WHAT TO BRING

- ◆ Proper athletic attire (*shorts, t-shirts and non-skid athletic shoes*)
- ◆ Braces (*for ankles & knees-if needed*)
- ◆ Hand towel
- ◆ A good attitude and willingness to work hard
- ◆ NO Jewelry



Please Mail Registration Form to:

Holy Cross of San Antonio

Attn: Ruben Calderon

426 N. San Felipe

San Antonio, Texas 78228



FOR MORE INFORMATION

PLEASE CONTACT

RUBEN CALDERON

E-mail: ruben.calderon@holycross-sa.org

Office Phone: (210) 433-9395

Cell Phone: (210) 843-0253

You may mail or fax in your registration at any time.

Camper's Name: _____ Camper's Grade Level: _____

Camper's Address: _____

Holy Cross Student? _____ Yes _____ No _____ (Fee: \$200 for HC Students & \$300 for Non-HC Students)

Phone Number: _____ Email: _____

Total Amount Enclosed: _____ Check #: (*if applicable*) _____ (*A \$35 NSF Fee will be assessed for returned checks*)

T-Shirt Size: _____ S _____ M _____ L _____ XL _____ XXL _____ Make checks payable to Holy Cross of San Antonio.

*Please Note: No refunds will be issued after the first day of camp. Please sign below:

I give my daughter permission to participate in the Strength & Conditioning/ Skills/ Team Camps and release Holy Cross High School and instructors from any liability of injuries that may occur.

Parent/Guardian Signature: _____ Date: _____

(Detach this section and submit along with payment)

About the Coach



Ruben Calderon is currently the Head Varsity Volleyball Coach at Holy Cross of San Antonio. He

received his Bachelor's of Science degree at UTSA and his Master's of Education at The University of the Incarnate Word. Coach Calderon's experience includes over 20 years of coaching and athletic training.

- ◆ NCVF National Championship Appearance 2011
- ◆ AE NCCS National Championship Appearance 2010
- ◆ STCSL Champions 2004,2005,2006,2007,2011
- ◆ 2007 STCSL Coach of The Year
- ◆ 1988,89,91 State Champions
- ◆ All-State Coach 1989,89,91

Collegiate playing experience at UTSA.

TRAINING CAMP SCHEDULE AND FEES



Strength & Conditioning

Monday-Thursday

(All Students)

GRADES 6th-9th

11:30am-1:00pm

GRADES 10th-12th

10:00am-11:30am



Each camp Includes:

- *1.5 hours of strength and conditioning specifically designed to increase:
 - strength and endurance

Skills Camp - June 8-25

Monday-Thursday

(All Students)

GRADES 6th-9th

10:00am-11:30 am

GRADES 10th-12th

11:30am-1:00pm

* 1.5 hours daily instruction on individual volleyball skills which include:

Serving, passing, digging, blocking, outside hitting, middle hitting.

Team Camp - July 6-23

Monday-Thursday

(All Students)

GRADES 6th-9th

10:00am-11:30am

GRADES 10th-12th

11:30am-1:00pm

-1.5 hours daily instruction on team volleyball concepts which include:

Player Positions, Team Offense/Defense

Registration fee:

Holy Cross Students: \$200
General Public: \$300