



## Volleyball Training Camp Summer 2016



June 7-23; July 6-21

Monday/Wednesday  
7:00am-9:00am  
(Medical Center)

Tuesday/Thursday  
10:00am-1:00pm

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



**R u b e n 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
- ◆ State Semi-Finalist 1990, 2916

Collegiate playing experience at

## TRAINING CAMP SCHEDULE AND FEES



### Strength & Conditioning

#### Monday/Wednesday

*(Medical Center-All Students)*

**7:00am-9:00am**

#### Tuesday/Thursday

**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 7-23

**Monday/Wednesday**  
*(Medical Center-All Students)*  
7:00am-9:00am

**Tuesday/Thursday**  
**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 6-21

**Monday/Wednesday**  
*(Medical Center-All Students)*  
7:00am-9:00am

**Tuesday/Thursday**  
**GRADES 6th-9th**  
10:00am-11:30 am  
**GRADES 10th-12th**  
11:30am-1:00pm

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

*Player Positions, Team Offense/Defense*