



## Volleyball Training Camp Summer 2017



June 5-15, 26-29; July 10-20  
(Grades 6-12)

Monday/Wednesday 9:00am-11:00am  
Holy Cross Convocation Center

Tuesday/ Thursday 7:00am-9:00am  
Medical Center  
7431 Merton Minter 78229

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)

Referred By: \_\_\_\_\_

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
- ◆ State Semi-Finalist 1990, 2015
- ◆ State Finalist 2016

Collegiate playing experience at UTSA.

## TRAINING CAMP SCHEDULE AND FEES



### Strength & Conditioning

#### Each camp Includes:

- \*1-hour of strength and conditioning specifically designed to increase:
  - strength and endurance
  - speed and quickness
  - agility



### Skills Camp June 5-15, 26-29

\* 1-hour daily instruction on individual volleyball skills which include:

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

### Team Camp July 10-20

1-hour daily instruction on team volleyball concepts which include:

*Player Positions, Team Offense/Defense*

### Registration fee:

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

### Referral Discount—\$25

Referral