Total Amount Enclosed: Phone Number: Holy Cross Student? Camper's Address: Parent/Guardian Signature: 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. Referred By; Camper's Name: *Please Note: No refunds will be issued after the first day of camp. Please sign below: **T-Shirt Size:** Check #: (if applicable) (Fee: Make checks payable to Holy Cross of San Antonio Camper's Grade Level: Email: **\$200** for HC Students (A \$35 NSF Fee will be assessed for returned checks) Ø \$300 for Non-HC

Students)

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



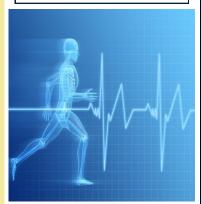
FOR MORE INFORMATION PLEASE CONTACT **RUBEN CALDERON**

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.



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@holycrosssa.org

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