



HOLY CROSS HIGH SCHOOL

Volleyball Strength & Conditioning Skills/ Team Training Camps

426 N. San Felipe
San Antonio, Texas, 78228

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

E-mail:

ruben.calderon@holycross-
sa.gaggle.net

What To Bring

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

Mail to:

Holy Cross High School
Attn: Ruben Calderon
426 N. San Felipe
San Antonio, Texas 78228

You may also pre-register in person
between the hours of::

9:00am-12:00pm

Monday—Thursday

For more information:

Phone: 210-843-0253

E-mail: ruben.calderon@holycross-sa.gaggle.net

Camper's Name: _____

Camper's Address: _____

Phone: _____ E-mail: _____

Total Amount Enclosed \$ _____

T-shirt size (Combination Campers Only):

S _____ M _____ L _____ XL _____ XXL _____

Make checks payable to: Holy Cross High School

NO REFUNDS OR CHANGES AFTER THE FIRST DAY
A \$25 return check fee assessed for all NSF's

I give my daughter permission to participate in the
Mini-Skills/ 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 _____

MINI-SKILLS CAMPS:

May 7 \$25.00 May 14 \$25.00

May 21 \$25.00 DISCOUNT: All four sessions \$60.00

Early Registra- tion Discount (Deadline May 3rd)
\$45.00

STRENGTH & CONDITIONING CAMP \$100.00

SKILLS CAMP \$150.00

TEAM CAMP \$150.00

DISCOUNT: COMBINATION CAMPS \$250.00

(Strength & Conditioning/ Skills/ Team Camps)

Early Registration Discount (Deadline June 7th) \$200.00

25% discount for multi-family members

About the Coaches



Ruben Calderon is currently the Head Varsity Volleyball Coach at Holy Cross High School. 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 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.



Kimberlee Frothingham
 Graduate of Highlands High School '10. Earned All-District Honors all four years. Member of the Palo Alto College Championship team in 2011. She is currently the Assistant Varsity Coach at Holy Cross High School



Erica Valdez
 Graduate of John Jay High School '08. Earned STCSL All-League 1st Team 2010, All-League 2nd Team 2009. She is currently the Junior Varsity Coach at Holy Cross High School.



Brittany Faison
 Played two year for Texas A&M international and one year for Laredo Community College Volleyball Team. Graduate of Edison High School '08. Earned 1st Team All-District Honors. STCSL MVP, All-League First Team 2009.

CAMP SCHEDULE AND FEES

Mini-Skills Camp (Grades 6-9)

May 7	Serving/ Passing
May 14	Passing/ Setting
May 21	Setting/ Hitting

Clinics will be from 7:00 pm - 8:30 pm.

**Registration fee: \$25.00 per session.
 \$60.00 all sessions**
**Early Registration Discount: \$45:00
 (Deadline May 3rd)**

Training Camps

Strength & Conditioning
June 11-28; July 9-27
Monday-Thursday
2:00pm-3:30pm Grades 9-12
3:30pm-5:00pm Grades 6-8

Each camp Includes:
 -1.5 hrs on strength and conditioning specifically designed to increase:

- strength and endurance
- speed and quickness
- agility

Registration fee: \$100.00/camper

Skills Camp - June 11-28
Team Camp - July 9-27
Monday-Thursday
2:00pm-3:30pm Grades 6-8
3:30pm-5:00pm Grades 9-12

-1.5 hrs daily instruction on individual volleyball skills which include:

- Serving, passing, digging, blocking
- Outside hitting, middle hitting
- Player Positions, Team Offense/Defense

Registration fee:

Skills Camp—\$150
 Team Camp—\$150

Combination Camp Package
 Strength & Conditioning/ Skills/ Team—\$250

Early Registration Discount- \$200.00
 (Deadline June 7)

Combination Campers will receive a t-shirt upon completion of the camps.