



# Girls Volleyball Summer Strength and Conditioning



Volleyball specific workouts utilizing the Vertimax to improve speed,  
power and vertical jump.

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| Grades:          | 9 <sup>th</sup> -12 <sup>th</sup> grade Girls Trying out for Westwood Volleyball in the Fall  |
| Date:            | June 4 <sup>th</sup> -July 26 <sup>th</sup> (no workouts week of July 4 <sup>th</sup> )   |
| Days:            | Monday-Thursday 3:00-4:30   |
| Location:        | Westwood Weight Room  |
| Cost:            | \$125 online - \$135 in the bookstore   |
| Details:         | Workouts designed specifically for volleyball players. We will work on strength, agility and explosiveness. We are excited to be able to utilize the Vertimax to improve girl's speed, power and vertical jump this summer! |
| Contact:         | Barbara Drake 602-430-6704, wareaglevbc@gmail.com   |
| Payment Options: | Make online debit or credit payments <a href="https://mpswebpay.mpsaz.org">https://mpswebpay.mpsaz.org</a>  |

**Register online** <https://mpswebpay.mpsaz.org> or submit registrations to:  
Westwood Bookstore 945 West 8<sup>th</sup> St. Mesa, AZ 85201

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|--|--------------------------|
| Student Name:  | Grade (Fall 2018): _____ |
| Parent/Guardian:   | School: _____            |
| Phone: (H) _____ (C) _____   | Student ID#: _____       |
| Email: _____   |                          |
| Emergency Contact Name:  |                          |
| Phone: (H) _____ (C) _____   |                          |
| I give permission for my child to participate in the sports program listed. I/we understand all risks and hazards incidental to such participation and do hereby waive, release, absolve, indemnify and hold harmless Mesa Public Schools and the school from any claim arising out of any injury to my child. |                          |
| <b>Parent Signature:</b> _____   |                          |
| I give permission to photograph my child during camp participation for publicity use and/or news release. <input type="checkbox"/> YES <input type="checkbox"/> NO   |                          |
| Does your child have health conditions/concerns of which staff should be aware? If so, please explain:   |                          |
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| <p><b>PAYMENT:</b><br/>To pay by debit card or credit card, register online at <a href="https://mpswebpay.mpsaz.org">https://mpswebpay.mpsaz.org</a>.<br/>For online payment questions call (480) 472-0118. For camp related questions, contact the coach listed above.</p> <p>Check # _____ Check amount \$ _____<br/>Make checks payable to Mesa Public Schools.</p> <p>For Office Use Only: Item # D1326e Q5 2018</p> |
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