

GYM RAT REGISTRATION

- ☐ **July 8-11** (\$150)
9am-2:30pm
- ☐ **July 12** 1/2 day (\$35)
9am-12pm

Registration with payment should be mailed to:

Gym Rat Basketball LLC
c/o Brady Bajema
17 Carr Street, Whitinsville MA 01588

Checks should be made payable to:

Gym Rat Basketball LLC
c/o Brady Bajema

Name: _____
Age: _____ Entering Grade: _____
Address: _____
Town: _____
Phone: _____
Email: _____

The above named player is physically fit to participate in the Gym Rat Volleyball Camp. I authorize the directors/instructors to act for me according to their best judgment in any emergency. Each player is required to be covered by their own insurance, with camp insurance as supplemental. Expenses from illness or injury are the responsibility of parents or guardians. I acknowledge that the Camp is taking proper safety precautions and will not hold the school or camp liable for any COVID-19 cases.

Signature of Parent/Guardian

Date

Camp Director: Kelly Penning
gymratvolleyballcamp@gmail.com
(314) 482-8111



GYM RAT VOLLEYBALL

OPEN TO GIRLS ENTERING GRADES 4-8

8 JULY - 12 JULY 2024

*Excited to offer 5 days of camp at
the best value in the area!*

CAMP HIGHLIGHTS

- ☒ Engaging competition and games with interactive feedback for campers of all ages
- ☒ On court skills and drills (serving, passing, setting, attacking, blocking)
- ☒ Teamwork (offense, defense, challenge, encouragement, teambuilding)
- ☒ Included in camp tuition: Gym Rat shirt, camp insurance and final day awards

COMMITMENT

Gym Rat Volleyball is a brand new camp, nested within the well-known and renowned Gym Rat brand. Similar to Gym Rat Basketball, Gym Rat Volleyball will promote a fun, encouraging environment while providing skill development and competition. The camp will include instruction, competitive tournaments, drills and additional time to work with dedicated coaches.

Gym Rat Volleyball is perfect for all skill levels. Beginners, intermediate players and experienced players are welcome!



Campers will be coached using the same methods and techniques as the U.S. Olympic teams.



TYPICAL DAY

- ✓ Large-group instruction
- ✓ Small-group instruction from high school varsity players
- ✓ Individual skill improvement
- ✓ Competitive games and drills
- ✓ Doubles tournaments and large-group tournaments

WHAT TO BRING

- ✓ Volleyball gear
- ✓ Water bottle

THE NEHEMIAH CENTER

Camp will be located in the beautiful Nehemiah Center Gym on the campus of Whitinsville Christian. The Nehemiah Center has Air Conditioning and water bottle fill stations.



REMINDERS

- ❑ Each camper must provide a copy of their health history and immunization records. Policies for mildly ill campers, administration of meds, and emergency health care are available. All camps are in regulatory compliance and have been licensed by the Northbridge Board of Health.
- ❑ Each camper should be equipped to play volleyball. Each camper should wear non-skid-marking gym shoes, wear athletic clothes, and pull long hair back. Kneepads are also strongly encouraged.