



Washington Volleyball Academy

2013 U12 Volleyball League Schedule

The Washington Volleyball Academy is excited to announce the U12 VOLLEYBALL LEAGUE is designed for 5th -6th grade girls

League Season 1 Tue & Thu 6:00pm-8:30pm \$325 (includes uniform)
Season 1 begins on Tues, February 5th and ends on Thur, March 7th
Hidden River School, 9224 Paradise Lake Rd., Snohomish, WA 98296

League Season 2 Mon & Wed 6:00pm-8:30pm \$325 (includes uniform)
Season 1 begins on Mon, March 18th and ends on Wed, April 17th
Former Woodway HS, 23200 - 100th Ave. W, Edmonds, WA 98020

We have created fun and intense methods of training volleyball players to compete at the highest levels. Most of our graduates play in college and some have played professionally overseas and on the beach after college. Our staff is the best in the NW.

Each season will offer 10 practice/competition sessions lasting 2-1/2 hours for a total of 25 hours. Every session will include 1 hour and 45 minutes of fast-paced training focused on volleyball-specific movement and overall agility training plus technical training in the six skills of volleyball: serving, underhand passing, overhand passing, attacking, blocking, and digging. The final 45 minutes will consist of competition in a 4 vs. 4 format on smaller courts maximizing the number of ball contacts per player.

For more information, visit our website at www.WVBA.org

Registration form is attached

Space is limited - please register early!

Cost is \$325 per season and includes 25 hours of training/competition and a uniform top and shorts.

Please SELECT Your League Season(s):

Season 1 (2/5-3/7) Hidden River School Season 2 (3/18-4/17) Former Woodway HS

First Name: _____ Last Name: _____

Street: _____ City: _____ Zip: _____

Date of Birth: _____ Current School: _____ Current Grade: _____

Parent Name: _____ Parent email: _____

Home telephone #: _____ Parent cell #: _____

T-Shirt Size: _____ Spandex shorts size: _____

Special Medical Conditions: _____

Liability Waiver and Authorization to Seek Emergency Medical Care

On behalf of my daughter,

Print name of daughter here

I hereby authorize the staff of Washington Volleyball Academy ("WVBA") to act for me according to their best judgment in any emergency requiring medical attention and I hereby waive and release WVBA from any and all liability for injuries, illnesses or lost property incurred by my daughter and/or son while at camp.

I have no knowledge of any physical impairment that would limit the above-named camper's full participation in the camp. My signature on this waiver also states that I am aware that there are inherent risks related to my daughter's participation in the camp and the above-named camper is covered by my personal medical insurance policy listed below.

Signature (parent/guardian) Date

Print name of parent or guardian

Emergency Contact name

emergency contact telephone number

Name of insurance carrier

Insurance policy number

Once signed, please send this form, along with a check for the full payment due (\$30.00/session plus \$10.00 for a tee shirt) to:

"WVBA"
P.O.Box 2690
Woodinville, WA 98072-8551
(425) 949-1055 tel

For more information, or if you have any questions, please contact us by email at Ycamp@wvba.org. We will respond within 48 hours.

List of items to bring: Shorts and court shoes, water bottle, pen and/or pencil, kneepads if you desire, a great attitude! Please arrive about 15 minutes early in order to check in.

"The Edmonds School District does not sponsor or endorse the activity and/or information contained in this material"