

### **Beginner Instruction Camp**

July 13-16 9:30 – 3:30 Cost \$240

This camp is intended for girls between the ages of 11-16 who have little knowledge of the sport of volleyball. The basic skills of the sport (passing, setting, attacking, and team play) will be taught in a fun and exciting volleyball atmosphere. This is a great way for new players to learn the game and for those just starting to begin their volleyball careers. Teamwork and confidence will be promoted in a positive training environment. There will be a lunch break and campers should bring their own packed lunch, some concessions will be available.

### **Advanced Skills Camp**

July 13 -16 5:30 – 9:00 Cost \$200

This camp is intended for girls between the ages of 13-17 who have played the game of volleyball previously for a club or varsity program. All aspects of the game will be taught and refined for each player at a fun and fast pace. *Previous volleyball knowledge is necessary.*

Specialty Camps Cost \$185 6:00 – 9:00 PM

**Beginner/Intermediate Setter Camp July 7-9**

**Defensive Specialist Camp June 23-25**

**Advanced Setter Camp July 28-30**

**OH/Middle Hitters Camp July 28-30**

The setter camp will focus on footwork, “touch” and strategy for setting a variety of attack tempos at the appropriate skill level. The OH/MB camp will focus on footwork and techniques for effective blocking and explosive hitting. Defensive campers will be coached on technique, reading and speed related to back-row volleyball action.

### **Sports Conditioning for Volleyball – Speed, Agility and Quickness**

June/July/August Cost \$15 per session 6:30-8:00

These sessions will focus on training volleyball athletes for speed, agility, quickness and explosive movements. Each session will consist of high intensity training and partner stretching followed by volleyball contact drills. Bring a speed rope, water and towels. I am available for private personal training of volleyball athletes; contact me for more information

**Each athlete will receive a camp shirt. Athletes should be dressed appropriately in shorts, t-shirts, kneepads and sneakers. Campers should bring towels and water bottles.**



## ***Good Counsel Volleyball Training Camps***

### ***Beginners Camp***

*July 13 - July 16 9:30 AM - 3:30 PM*

### ***Advanced Skills Camp***

*July 13 - July 16 5:30 - 9:00 PM*

### ***Specialty Camps***

*Beginner/Intermediate Setter*

*July 7-9*

*Defensive Specialist*

*June 23-25*

*Advanced Setter*

*July 28-30*

*Outside Hitter/Middle Blocker*

*July 28-30*

### ***Sports Conditioning***

*Sessions in June, July & August*

***“Train with us today  
become a champion  
tomorrow”***

Good Counsel Volleyball Camp  
Karen Kart  
17301 Old Vic Blvd  
Olney, MD 20853  
Phone (202) 465-2462  
Volleycoach1@gmail.com



# Good Counsel Volleyball

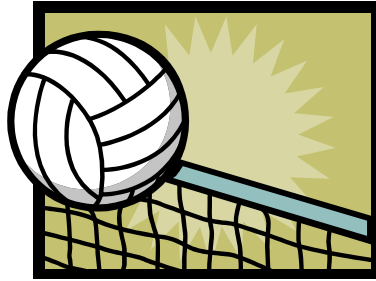
Good Counsel has enjoyed success over the past few years, ranked #49 nationally, #1 in *The Washington Post*, WCAC Champions 2008, 2007, 2006, City Title Champions 2008 & 2007, and MD/DC Private School Champions in 2008, 2006 & 2005. Good Counsel has built its program of success around the belief that fun and fundamental are integral to the success of any athlete at any age.

*Our energetic staff will teach and train all the skills necessary for volleyball success in a fun and friendly atmosphere. At GC VTC you'll learn the fundamentals and gain game play experience. Our staff will include our HS coaches and former players.*

**Karen Kart**, ATC, CSCS, Head Coach Good Counsel HS – Coach Kart completed her 8<sup>th</sup> season at GC with a record of 154 – 35. In 2007 she was honored as *The Montgomery Gazette* and *The DC Examiner* Coach of the Year. She has over 16 years of coaching girls' high school volleyball and 5 years coaching boys' volleyball. She has worked with local volleyball clubs since moving to the DC Metro area 10 years ago.

**Gerald Mikesell**, Asst. Coach Good Counsel HS &18s Coach MVSA VBC – Coach Mikesell will enter his 14<sup>th</sup> season at Good Counsel HS. He has extensive knowledge coaching HS and club volleyball. Jerry works as a perfusionist at Children's Hospital in DC.

**Paul Ott**, Setting Specialist – Coach Ott comes to Good Counsel Camps with over 17 years of experience as a setter. He was a setter and coach for Sports Performance Volleyball Club, Chicago, IL and Purdue University Men's Club Program.



## Enrollment

Early enrollment is encouraged. Enrollment by May 1<sup>st</sup> will allow for a \$15 reduction in tuition per camp session per camper (not including conditioning sessions). If a camper needs to withdrawal once enrolled prior to June 1 will receive a full refund. Withdrawal after June 1 will receive a refund of 50% of the camp fees. Camper enrollment will be confirmed by email and further instructions will be mailed to the campers one month prior to the camp.

Fill out the form on the right and return with deposit made payable to Good Counsel Volleyball Camp

## Good Counsel Volleyball Training Camp

**Karen Kart**  
**3815 Littleton Street**  
**Silver Spring, MD 20906**

Please send an email to [volleycoach1@gmail.com](mailto:volleycoach1@gmail.com) of your interest when you mail your registration. For further information or questions you may contact Good Counsel Head Coach Karen Kart at 202-465-2462 (voice or text) or email at [volleycoach1@gmail.com](mailto:volleycoach1@gmail.com) . Further information can be found at [www.goodcounselvolleyball.com](http://www.goodcounselvolleyball.com).

Name: \_\_\_\_\_ DOB: \_\_\_\_\_  
Address: \_\_\_\_\_ Phone \_\_\_\_\_  
City: \_\_\_\_\_ State: \_\_\_\_\_ Zip: \_\_\_\_\_  
Contact Email: \_\_\_\_\_  
Parent/Guardian: \_\_\_\_\_  
Emergency Contact Phone: \_\_\_\_\_  
Previous volleyball experience: \_\_\_\_\_  
Insurance Company \_\_\_\_\_ Policy Number \_\_\_\_\_  
School/Grade – Fall 2009 \_\_\_\_\_ Circle Shirt Size Adult: S M L XL

Select Camp: Specialty Camps \$185 \_\_\_\_\_ Beg/Int. Setter \_\_\_\_\_ Adv. Setter \_\_\_\_\_ Hitter \_\_\_\_\_ Defender \_\_\_\_\_  
\_\_\_\_\_ Beginners July 13 - 16 \$240 Advanced \_\_\_\_\_ July 13-16 \$200  
Speed, Agility and Quickness for Volleyball \$15 per session  
Circle Dates: June 15, 17, 22, 26, 29 July 1, 6, 10, 17, 27, 31 August 3, 6, 10, 12

Parent/Guardian Initial here \_\_\_\_\_. By initialing here, I understand that when signing this registration form, I am releasing Good Counsel Volleyball Training Camp and all other parties from any claims or responsibility for injuries suffered in the volleyball training program. I knowingly assume all risks associated with participation, even if arising from the negligence of the participants or others, and assume FULL AND COMPLETE responsibility for my participation. I certify that my child is in good physical condition and can participate in the Good Counsel Volleyball Training Camp. Further, I authorize the camp director and athletic training staff to request medical treatment as necessary to insure my child's well being.