

CAMPS:

Week 1:
Monday June 29 thru Friday July 3
Week 2:
Monday August 17 thru Friday August 21

Times: Both Weeks

Doors Open at 7:30am,
Camp Starts at 8:30am,
Lunch at 11:30, Day Ends at 2:30

Cost: \$170.00 per week
\$280.00 for both

Campers: Girls Entering
Grades 5 thru 9 in the Fall of 2009

Girls Entering Grades 1 thru 4 in the

Fall of 2009 Youth ½ Day Option

Contact Coach Joe at
shamrockvb@comcast.net for details



CLINICS:

Mon. and Wed. Night Clinics
Start on Monday June 29

Conclude on Wednesday August 12

Total of 14 nights over 7 weeks
2 hours per night 6pm-8pm
Covering All Volleyball Skills

Cost:

\$110.00 for 10-14 nights
\$70.00 for 6 nights
plus \$10.00 per additional night.

Campers:

Girls Entering Grades 7-12
in the Fall of 2009

2009 Shamrock Volleyball Camps, Clinics, & Training



Bishop Feehan Girls Volleyball and
Shamrock Volleyball are proud to support
Breast Cancer Awareness.

A Donation of \$10 from every athletes
registration fee will go towards our
Annual Breast Cancer Fundraiser March

CAMPS, CLINICS and Setter
Training are held on the campus
of BISHOP FEEHAN
HIGH SCHOOL

Locations for Individual and
Group training sessions are
based on site availability



Contact Information

Director Joe Reardon

jreardon@bishopfeehan.com
shamrockvb@comcast.net

Web Sites

www.shamrockvolleyball.com
www.bishopfeehan.com

Setters Training:

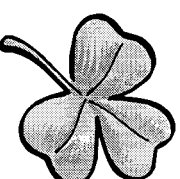
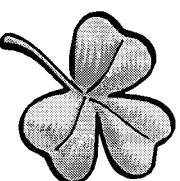
Mon and Wed Nights
Start on Monday June 29
Conclude on Wednesday August 12

Total of 14 nights over 7 weeks
1 hour per night 5pm-6pm
Focusing on Setting Skills

Cost: \$50.00 per camper

Campers:

Girls Entering Grades 7-12 in the
Fall of 2009



Individual and Group Training:

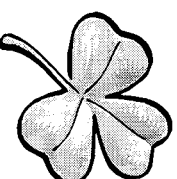
Contact Coach Joe Reardon at
shamrockvb@comcast.net or
774-406-1482 to discuss options

REGISTRATION

FORMS

Please Mail to:

BFHS Shamrock Volleyball
Coach Joe Reardon
70 Holcott Drive
Attleboro MA 02703



CAMP WEEKS

What to Bring??

- Sneakers (Court or Cross Trainers are OK)
- Water Bottle
- Bag Lunch
- Sun Screen (outdoor courts are available)
- Money (additional drinks, snacks, camp store)

What to Wear??

- Athletic Shorts (spandex shorts)
- T-Shirt
- Kneepads (if you have them)
- Socks & Sneakers
- Theme Days
College/Pro Sports Day
Wacky Wednesdays
Team Color Day
Camp T-Shirt Day

Camp Objectives!!!!

Teach Volleyball Skills

Forearm Passing, Serving, Setting (Overhead Pass),
Attacking, Blocking, Digging

Teach Volleyball Game Skills

Defenses (movement and position), Transition from
Offense to Defense, Spot Serving (Where & Why)
Passer to Setter to Hitter Responsibilities,
Attacking open spots, control shots.

Skills Challenges

Target Serving Spot Hitting Target Passing
Speed and Quickness Vertical Jump

Camp Features!!!

TIVO
Camper Awards
Camper of the Week
Videos
Camper Evaluations

DIRECTOR Joe Reardon

Coach Reardon has been running camps at Bishop Feehan for over 10 years, growing from 1 week with 6 girls, to over 80 girls attending one or both weeks now offered. Many former Feehan players return each summer to coach at the camps, assisted by current team members, the girls provide the campers with a great learning experience. Coach Joe had worked camps at New Bedford HS and Wheaton College prior to running Shamrock Volleyball Camps at Bishop Feehan.

As a member of the MGVCA, AVCA and USA Volleyball, Coach Reardon attends coaching seminars every year looking for new and exciting ways to bring the game of volleyball to the athletes at the camps. Joe has been active in volleyball for over 20 years, first as a player in NERVA/Yankee tournaments then getting certified as an official to finally becoming a coach. IMPACT and CAP 1 coaching certified in the early 90's while coaching with Coastal Volleyball Club, Coach Joe took over as the Head Coach at Bishop Feehan in the fall of 1993.



2008 Varsity Girls Volleyball Team

Head Coach Joe Reardon
16th Season (256-84)

2008 Record 21-2 EAC Champs 6-0

6th Consecutive EAC Title
15th Consecutive Tour. Appearance

2002 & 2005 So Sec Finalists

2008 D 2 South Sectional Champions

CLINIC NIGHTS

What to Bring??

- Sneakers (Court or Cross Trainers are OK)
- Water Bottle
- Money (additional drinks, snacks, camp store)

What to Wear??

- Athletic Shorts (spandex shorts)
- T-Shirt
- Kneepads (if you have them)
- Socks & Sneakers

Clinic Objectives!!!!

Our Clinics are open to athletes with varying skill levels. We try to group athletes of similar skill levels together so that they may learn as much as possible during the clinics.

Teach Volleyball Skills

Forearm Passing, Serving, Setting (Overhead Pass),
Attacking, Blocking, Digging

Teach Volleyball Game Skills

Defenses (movement and position), Transition from
Offense to Defense, Spot Serving (Where & Why)
Passer to Setter to Hitter Responsibilities,
Attacking open spots, control shots.

Clinic Coaches!!!

Tom Wikiera, Richard Casali, Kate Corcoran,
Kaitlyn Burlone, Kerin DeGirolamo have all recently worked at our Mon and Wed night clinics.

We are always looking for coaches to work our Clinics. From the young rookie coach to the experienced veteran coach we can all learn from each other and teach the game of volleyball.

Look for Lysa Sim, Steph Whooten,
Jackie Atkinson and maybe some others to join us in the summer.

2009 SHAMROCK VOLLEYBALL 2009
SUMMER CAMPS & CLINICS REGISTRATION

Check *A \$10.00 Donation will be made to the Feehan Volleyball Breast Cancer Awareness Match*
 Box(es) *from each session cost that an athlete is registered.* **Cost**

<input type="checkbox"/>	Camp Week One:	June 28	thru	July 3	2009	\$170.00
<input type="checkbox"/>	Camp Week Two:	Aug 17	thru	Aug 21	2009	\$170.00
<input type="checkbox"/>	Attend 2 Weeks:	or	<i>Family Discount Price</i>			\$280.00
		<i>for 2 siblings</i>		<i>at 1 week</i>		
<input type="checkbox"/>	M/W Clinics Full Registration	Up to 14	Nights			\$110.00
<input type="checkbox"/>	M/W Clinics Partial Reg.	Up to 6	Nights	Min Pre Pay		\$70.00
		<i>additional nights</i>		<i>\$10/per night</i>		
<input type="checkbox"/>	M/W Setter Training	Up to 14	Nights			\$50.00
<input type="checkbox"/>	Individual or Group Training	Contact	Coach Joe			\$TBD

CAMP TSHIRT YM YL S M L XL \$0.00
 Circle Size CHECKS PAYABLE to: Shamrock Volleyball \$ _____

First Name _____	Address _____
Last Name _____	City _____
	State _____ Zip _____
(H) Phone _____	email _____
(C) Phone _____	
(W) Phone _____	
Current School _____	D.O.B. / / 19 _____
School Fall 09 _____	Age _____
	Grade Entering _____

A copy of the athletes most recent physical exam (within 1 year) must accompany registration or be presented 1st day of Camp, Clinic, Setter Training or Training

Waiver of Liability

Bishop Feehan H.S. and the Directors and Staff of the Shamrock Volleyball are not responsible for accidents resulting in medical, dental or other expenses. All reasonable effort will be taken to prevent injuries to the athletes. Participants are responsible for property damage and can be sent home without refund for violation of camp and school rules. I certify that the applicant is in good physical condition to take part in Shamrock Volleyball. In addition, I grant the staff of Shamrock Volleyball my permission to seek emergency medical attention for this child if, in their judgement, such attention is warranted and I am not available to grant such permission.

PARENT Signature _____ Date: _____

CLINIC and or SETTER Training Attendance

Please Check Boxes below to Indicate which Nights you will **NOT** be in Attendance
 This will help us to Schedule Additional Coaches where needed

MON

6/29	7/6	7/13	7/20	7/27	8/3	8/10
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WED

7/1	7/8	7/15	7/22	7/29	8/5	8/12
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