



2022 VOLLEYBALL CAMP

Incoming 1st-Incoming 8th grade girls are invited to attend Metamora Area Volleyball Club's summer camp. This camp will emphasize the development of volleyball fundamentals, drills adapted to age levels, small groups with focused coaching, instruction on how to play the game of volleyball, and fun and competitive activities.

Campers will also receive a Volleyball Camp T shirt.

(Kneepads are not required, but if you have them please wear them.)

Where: Metamora Grade School

When: June 13, 14, & 15

Incoming 1st-Incoming 5th: 8:00 AM-10:00 AM

Incoming 6th-Incoming 8th: 11:00 AM-1:00 PM

Coaches: Ashley Crowe, Director of Metamora Area Volleyball Club, and current MTHS volleyball players

Cost: \$50, checks payable to Ashley Crowe

Please email Ashley at metamoraareavolleyballclub@gmail.com with any questions.

To be notified of upcoming programs sign up for our email list at www.metamoraareavolleyball.com.

Please complete the form below and send to:

Metamora Area Volleyball Club

Attn: Ashley Crowe

P.O. Box 643

Metamora, IL 61548

Please send form and payment by May 20, 2022 to guarantee a camp t-shirt

Name: _____ Grade Entering Fall 2022: _____

Address: _____ City, State, Zip: _____

Phone: _____ Email: _____ School: _____

T-shirt Size: YOUTH S M L ADULT S M L XL 2XL

I hereby understand that volleyball is a physical activity in which injury may occur and will not hold Metamora Grade School or coaches conducting the camp liable for any injuries that may occur.

Parent/Guardian Signature: _____

Parent/Guardian Phone Number: _____

Hi Parents!

I wanted to take a moment and introduce myself and our new organization, Metamora Area Volleyball Club, and explain the objectives and programs we will be offering.

My name is Ashley Crowe. I am a Metamora resident, and have a son, Oliver, at MGS, where I am also a substitute teacher. I'm sure your daughter knows me as Ms. Crowe ;). I've been a lifelong lover of volleyball. I started playing volleyball in 7th grade and continued throughout high school and received a full-ride volleyball scholarship to play in college. I also played club volleyball throughout high school at a couple of different organizations.

Once my son was old enough to start playing sports, I realized nothing existed for volleyball at the youth level in Metamora. I thought it would be so much fun for the girls if they could have an opportunity to learn the fundamentals and play the game before 6th grade.

I created a 12U club team. There was immediate interest in this program, and the team filled quickly. I added a 14U team, which also filled quickly. Based on the speed in which the teams filled, I knew there had to be interest in other programs for our area.

Our objectives for Metamora Area Volleyball Club are as follows:

1. Teach the fundamentals of volleyball to younger ages, giving them more time to develop and stay competitive with other area teams.
2. Create a local program so the girls develop with their classmates and future teammates.
3. Provide programs that help all levels of athletes develop and improve.
4. Have A LOT OF FUN!

As we build out this program, these are the sessions we will be offering. If your daughter is interested in any of these programs, please check the boxes (and return with your camp entry form) so that we can get an idea on numbers. If your daughter cannot attend camp, but is interested in future programs **please sign up for our email list at www.metamoraareavolleyball.com.**

Please share this information with whomever you know that might be interested. We are so excited to offer these programs to the community and are so grateful for your support.

Thanks! Ashley Crowe

Player Name: _____ Parent Name: _____
Grade Entering: _____ Parent Email address: _____

- Skills Training & Conditioning (spots are limited)
- June-July 2022
 - 12) 1.5 hour sessions focused on volleyball specific skills and conditioning
 - Estimated cost: \$150
- Prefer morning/daytime Prefer evening
- Player Development League:
- Tentative dates of August 15-October 8, 2022
 - All skill levels
 - 8 week session/open to grades K-8.
 - Two clinic style practices per week to develop all volleyball skills.
 - Possibility of games depending on number of teams.
 - Estimated cost \$100 including T shirt
- Club Season
- Tentative dates of March 20-May 23, 2023
 - Competitive league, will hold tryouts
 - Possibility of 10U, 11U, 12U, 13U, & 14U teams
 - 2-3 practices a week, 3-4 tournaments, jerseys, etc.
 - Estimated cost \$500

(Please see other side)