



Train at...

Benet Academy

Nationally Recognized Volleyball Powerhouse

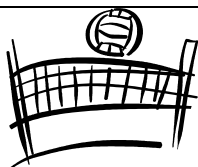
4A STATE CHAMPIONS 2011 - 2012 - 2014 - 2019

SUMMER GIRLS VOLLEYBALL CAMPS

Junior High and Elementary
GIRLS entering 2nd Grade through 8th Grade
 High level 8th graders are invited to join the Benet High School Camp in July

Up to date Techniques ~ All Skills ~ New Drills ~ Conditioning ~ Game & Tournament Play
 Meet High School Coaches ~ Train with Top High School Players ~ Learn from Experienced Coaches
 Have Fun ~ Challenge Yourself ~ Meet New Friends ~ Learn to Compete

Camp Option 1	Monday, June 27 – Thursday, June 30	1:00 – 7:00pm
Camp Option 2	Monday, July 18 - Thursday, July 21	2:00 – 8:00pm



Benet Academy Main Gym: 5th – 8th Grade
 Benet Academy Small Gym: 2nd – 4th Grade

Camp Cost: \$255.00 or \$400.00 for both weeks
 (\$225.00 if you register before May 1st)

CAMP BREAKDOWN:

- | | |
|-----------|--------------------------------------|
| 2 hours | Skills Instruction – Individual Work |
| 30-minute | Snack Break |
| 2 hours | Team Drills – Scrimmages |
| 30-minute | Snack (provided) |
| 1-hour | Tournament |

We will be following CDC and Benet High School COVID Guidelines



½ hour each day: Light conditioning with Coach Sayers
 ½ hour each day: “Teams” will do a fun activity – scavenger hunt, team building exercises & signing shirts
 Elementary players will have age appropriate drills / activities and will play with lighter balls.

CAMPERS WILL RECEIVE:

- Organized Instruction
- Daily Snack
- Individualized Skill Assessment/Evaluations
- Camp T-Shirt / Prizes

Questions
terriboumans@mettlevolleyball.com
 or call Bonnie (630) 330-7785

Items to Bring to Camp: Water, Snacks, Gym Shoes, Kneepads, Extra Socks/T-Shirt, and a Good Attitude!

CAMP DIRECTORS

- Terri Zemaitis-Boumans** is a 3-time NCAA All-American & former member of the USA National Volleyball Team
- Bonnie Bremner-Pettigrew** is a 4-time NCAA All-American and captain of the 1999 Penn State Women’s Volleyball National Championship team
- Kim Sayers** is the Freshmen A and B Team Benet Academy Coach and personal trainer
- Brad Baker** Named Hall of Framer and NATIONAL COACH OF THE YEAR
- Collegiate and High School Players** will be court coaches for the camp

OPTIONS: TO REGISTER AND MAKE YOUR PAYMENT

① Terri Boumans – PO Box 9222 Naperville, IL 60657 (Make checks to Terri Boumans)

② Zelle info@nextlevelathletesinc.com or 630-330-7785

③ Venmo  or @ Bonnie-Pettigrew-1

④ Register (for a fee) at: <http://www.benetcamps.com/girls-volleyball.cfm>

Please check a box to indicate the manner of payment

Benet Academy

SUMMER GIRLS VOLLEYBALL CAMP 2022

~ REGISTRATION FORM ~

YOU WILL RECEIVE AN EMAIL AS CONFIRMATION OF REGISTRATION

Please check:				
	Camp Option 1	Monday, June 27 – Thursday, June 30	1 – 7 pm	\$255
	Camp Option 2	Monday, July 18 – Thursday, July 21	2 – 8 pm	\$255
	Both Camps			\$400

Player's Name _____

Grade _____

School _____

Home Address _____

Parent's Cell (Emergency Number) _____

E-mail Address _____

Player T-Shirt Size: (Check One)

YOUTH

Medium

Large

ADULT

Small

Medium

Large

XL

Parent's Name _____

I hereby grant permission for my daughter to attend Benet Academy Volleyball Summer Camp. My child has no medical condition that would interfere with her participation. I release Terri Boumans and the coaching staff from any liability or from any injuries that may occur. In addition, I acknowledge use of photos of my child during camp activities. *I understand that no refunds can be provided.*

Parent/Guardian Signature _____


Date _____

Amount Paid \$ _____ *(Please note: No refunds or credits can be provided)*

OPTIONS: To REGISTER AND MAKE YOUR PAYMENT

① Terri Boumans – PO Box 9222 Naperville, IL 60657 (Make checks to Terri Boumans)

② Zelle info@nextlevelathletesinc.com or 630-330-7785

③ Venmo  or @ bonnie-pettigrew-1

④ Register (for a fee) at: <http://www.benetcamps.com/girls-volleyball.cfm>

Please check a box to indicate the manner of payment

QUESTIONS: Email terriboumans@mettlevolleyball.com or call Bonnie 630-330-7785