

CAMPER APPLICATION

Name _____

Player's Grade (Entering) _____ DOB _____

Address _____

Town _____ Zip _____

Parent/Guardian Name _____

Contact Phone Number _____

Parent/Guardian Name _____

Contact Phone Number _____

Primary E-Mail _____

T-Shirt/Jersey Size _____

Camp Choice (Circle One)

VOLLEYBALL ONLY

BASKETBALL ONLY

VOLLEYBALL & BASKETBALL

Checks payable to: Bump, Set, Swish:

REGISTER BY MAY 1: \$150 for one session; \$250 for both

REGISTER AFTER MAY 1: \$200 for one session; \$300 for both

Waiver of participant by parent for Bump, Set, Swish:

In consideration of your accepting my or my child's registration, I hereby for myself or my child waive and release any and all rights and claims for damages I or my child may have against the Weston Board of Education or the Weston Parks & Recreation Department and its representatives, successors and assigns, for any and all injuries suffered by myself or my child at the activity sponsored by this group. I understand that there is inherent risk associated with this activity and authorize emergency medical treatment and transportation in my absence.



Parent Signature _____ Date _____

A TYPICAL CAMP DAY

8:50am.DROP OFF

VOLLEYBALL SESSION BEGINS

9:00am.WARM UP AND STRETCHING

9:15am.PASSING AND SETTING INSTRUCTION

9:45am.PASSING AND SETTING GAMES

10:15am.VOLLEYBALL SKILLS OF THE DAY

10:45am.SKILL BASED GAMES

11:00am.TEAM SCRIMMAGES

11:30am. . VOLLEYBALL SESSION ENDS (Pick Up)

LUNCH AND TEAM BUILDING ACTIVITIES

BASKETBALL SESSION BEGINS

12:30pm.BALL HANDLING WARM UP

1:00 pm.SHOOTING FORM AND GAMES

1:15pm.SKILLS STATIONS

2:00pm.SKILL OF THE DAY

2:15pm.INTRA-CAMP COMPETITIONS

2:30pm.TEAM GAMES

3:00pm.PICK-UP



BASKETBALL & VOLLEYBALL SUMMER CAMP 2015



June 16 - June 19

9:00 AM - 3:00 PM

For girls entering grades 4 - 8

"Where girls become athletes"



BUMP, SET, SWISH BASKETBALL & VOLLEYBALL CAMP

ABOUT THE COACHES

Mackenzie Moosbrugger joined the Weston Volleyball coaching staff in the Fall of 2012 as the Junior Varsity Coach and Varsity Assistant. After two years she took over as Head Coach in 2014.

Within these two years she led her team to a Patriot Division title in 2014, two trips to the State tournament, the Southwest Conference championship match, and two SWC Sportsmanship Awards. She has worked at Weston High School as a technology teacher for the past six years.



Anna Balouskus has served as the Weston Junior Varsity Girls Basketball Coach and Varsity Assistant for the past five seasons. Anna also coaches in the Weston youth program, coaching the 6th grade girls basketball team and running youth clinics throughout the year. Aside from her involvement with Weston basketball players she coaches for the Fairfield County Huskies, a fall AAU program. Anna teaches Physics at Weston High School where she has been a science teacher for five years.

ABOUT THE CAMP

- The mission of Bump, Set, Swish is to promote skill development, team concept, and a love of volleyball and basketball
- Teams and stations will be facilitated by coaches and Weston volleyball/basketball players of past and present
- Players will be grouped with campers of similar age and ability
- Low player to coach ratio



What to Expect

- Learning and FUN!
- A great workout
- A tee-shirt (volleyball session)
- A reversible jersey (basketball session)
- Awards at the end of camp

What to Bring

- Water bottle
- Athletic sneakers
- Shorts and T-Shirt
- A reversible jersey (basketball session)
- Lunch (if participating in both sessions)



REGISTRATION & FACILITIES

Registration

Please send one application per child with a check payable to "Bump, Set, Swish" for either one session (\$150 Early Bird OR \$200 after May 1) or both (\$250 Early Bird OR \$300 after May 1) to:

Weston High School
Attn: Mackenzie Moosbrugger
115 School Road
Weston, CT 06883

**Please be sure to circle your session option on the application form.

**Registration will also be available starting at 8:30 AM and again at 12 PM on the first Tuesday of camp (6/16).

Details

Camp will be held at Weston High School, 115 School Road in Weston. Full Camp runs from 9:00 AM to 3:00 PM each day.

Volleyball ONLY Session will run from 9:00 AM to 11:30 AM

Basketball ONLY Session will run from 12:30 PM to 3:00 PM

**Please be prompt in dropping off and picking up your athlete.

For questions please contact:

mackenziemoosbrugger@westonps.org
and/or
annabalouskus@westonps.org