

Camp Schedule

9:00—9:15

Introductions

9:15—9:30

Warm up and stretch

9:30—10:30

Skills and Drills

10:30—10:40

Water and Snack

10:40—12:00

Skills and Drills

12:00—12:30

Lunch

12:30—2:00

Fun and Games



'13, '17, '23 VHSL STATE CHAMPIONS!



LANGLEY VOLLEYBALL

Showcase Tournament Champs
2006, 2013

Liberty District Champions
'99, '04, '07, '12, '15, '17, '20, '22, '23

Northern Region Champs
'99, '07, '13, '15, '17, '20

State Finalists
2007, 2015

District, Region Finalists
State Qualifiers

'99, '07, '09, '13, '15, '17, '20, '22

Return completed form and check to:

Langley Boosters Volleyball c/o Beth Longo
Langley HS

6520 Georgetown Pike
McLean, VA 22101

Phone: 703-287-2750
E-mail: sshifflett@fcps.edu

Langley High School
McLean, VA

VOLLEYBALL SKILLS CAMP

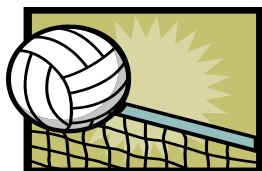


June 17-21
9 AM—2 PM
@ Langley HS
6520 Georgetown Pike
McLean



Langley High School
McLean, VA

Langley Volleyball Camp



Commit to being the best!

Sponsored By:

Langley High School Athletic Boosters

Camp Directors:

Susan S. Shifflett

Langley Head Girls' Volleyball Coach

Amy Dean

Langley Asst. Girls' Volleyball Coach

Yeon Cho

Langley Asst. Girls' Volleyball Coach

Anna Davis

Langley Asst. Girls' Volleyball Coach

STAFF:

Langley High School Volleyball Team

We are excited at the popularity and growth of volleyball in Northern Virginia. It is our goal to provide our campers with the skills necessary to become a competitive and successful volleyball player.

WHO MAY ATTEND:

Anyone between the ages of 8 and 14. No previous experience required!

LOCATION:

Langley HS School in the Main and Aux gyms. Courts may also be set up outside. Meet in the gym each morning. **Enter Door 12**

WHAT TO BRING:

- Court shoes
- Knee pads
- A snack
- Water bottle
- Lunch

Online registration:

<https://www.langleyboosters.org/camps/>

COST

\$300.00 per camper

2024 CAMP APPLICATION

CAMPER'S NAME

ADDRESS

EMAIL

(H)

(C)

GR (SY 23-24)

F

M

XS

S

M

L

XL

Adult size T shirt

METHOD OF PAYMENT **(No REFUNDS after June 1, 2024)**

☐ Cash

☐ Check made out to Langley Boosters

I hereby state that my child is in good health and has my permission to participate in all activities. I authorize the Langley Volleyball staff to authorize emergency first aid in the event of sickness or injury. My signature below releases the camp, sponsors, staff, and director from any and all liability. Please list any medical conditions the staff needs to be aware of during camp.

Parents Signature ^^

Send to:

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