



**Aquinas High
School**

Youth: S M L or Adult: S M L

Player's
Name: _____

School: _____

Grade in fall of 2024:

Address:

City: _____

_____ State:

_____ Zip:

_____ Parent/Guardian

Name:

Daytime Phone #:

Emergency Phone #:

Email:

T-shirt Size (please circle)

Total Enclosed: _____

This application has my consent and approval. Aquinas High School and the coaching staff will not be held responsible for injuries that may occur during Blugold Volleyball Camp.

Parent or Guardian Signature & Date

Please return registrations to

**Aquinas High School Office,
315 South 11th Street
La Crosse, WI 54601
c/o Danielle Dolan**

***Checks can be made out to
AHS.***

**Aquinas High
School**

Blugold Volleyball Camp

July 8th-10th, 2024

**AHS Reinhart
Athletic Complex**



CAMP INFORMATION

Incoming Grades 5, & 6

12:30 pm - 1:30 pm

Incoming Grades 7

& 8 1:30pm - 3:00
pm

- Cost for camp is \$50 per player.
- If your family has more than one camper, cost is \$35 for each additional camper.

In order to guarantee a camp t-shirt, you must register before June 1st.

- Camp Check-in begins 15 minutes before each session.
- Participants should wear athletic attire and shoes. Kneepads are recommended.

If you have any questions or concerns please feel free to contact:

Coach Danielle Dolan at
danimado4@gmail.com

The Blugold Volleyball Camp provides an opportunity for girls (incoming) grades 5 – 8 to work with the Aquinas High School coaching staff and players. Camp will focus on teamwork and skill development, but each age group will have a specific focus:

Grades 5 and 6: The focus in this age group will be to introduce basic volleyball skills and give them an opportunity to play. This group will work with ball control drills that allow them to have a bit of a competitive environment, but are also a lot of fun!

Grades 7 and 8: This age group will be focusing on the finer points of the game including competitive and cooperative play, offensive and defensive strategies, and the value of serve/pass. Lots of fun will be had!



Coach Danielle Dolan is entering her first year as head coach of Aquinas volleyball after coaching at the JV level for the past two years under previous coach Nellie George. Coach Dani graduated from Aquinas in 2017 and played for Aquinas throughout her high school career. Coach Dani also played 2 years of collegiate volleyball at St. Norbert College, as well as coached freshman at Ashwaubenon High School.

Coach Dani is excited to welcome the future of Aquinas volleyball for an all skills camp. This camp will provide all around skills in a fun and energetic environment. Coach Dani believes in a positive and encouraging environment to build not only volleyball skills, but good sportsmanship.