

*Holy Cross
High School*

*Volleyball
Camps*

Summer 2009



426 N. San Felipe
San Antonio, TX 78228

Tel: 210-559-0406
210-433-9395

E-mail:
rcalderon_5@yahoo.com

What To Bring

- ◆ Proper athletic attire (shorts, t-shirts, tank tops, non-skid athletic shoes)
- ◆ Braces (if needed ankle, knee)
- ◆ Hand towel
- ◆ A good attitude and willingness to work hard
- ◆ **NO** Jewelry

For more information:

Phone: 210-433-9395
210-559-0406

E-mail: rcalderon_5@yahoo.com

Mail to: Holy Cross High School
Attn: Volleyball Coach
426 N. San Felipe
San Antonio, TX 78228

Camper's Name: _____

Skills Camps

Camper's Address: _____

May 11 \$15.00 _____

May 18 \$15.00 _____

Phone: _____ E-mail: _____

June 8 \$15.00 _____
DISCOUNT: All four sessions

June 22 \$15.00 _____
\$40.00 _____

Total Amount Enclosed \$ _____

T-shirt size: S ___ M ___ L ___ XL ___ XXL ___

Training Camp

\$175.00 _____

Make checks payable to: Holy Cross High School

Team Camp

\$100.00 _____

NO REFUNDS OR CHANGES AFTER THE FIRST DAY
\$25 return check fee assessed for all NSFs

DISCOUNT: Training/ Team Camp \$200.00 _____

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I give my daughter permission to participate in the Individual Skills & Conditioning and/or Team Camp, and release Holy Cross HS, and instructors from any liability of injuries that may occur.

Signature _____

Date _____

(Detach and send this form along with payment)

About the Coaches



Ruben Calderon is currently the Head Volleyball Coach at Palo Alto College. He is also a graduate of Holy Cross High School. He received his Bachelor's of Science degree at UTSA and his Master's of Education at the University of the Incarnate Word. Coach

Calderon has a total of 18 years coaching experience.

- ◆ STCSL Champions 2004,05,06,07
- ◆ 2007 STCSL Coach of The Year
- ◆ 1988,89,91 State Champions
- ◆ All-State Coach 1989,89,91



John Libby is currently the head coach of the men's basketball team at Palo Alto College. He is a graduate of Madawaska High School in Madawaska, ME and received a Bachelor's of Science degree at Texas A & M

University—San Antonio. Coach Libby has a total of 8 years experience.

- ◆ 2007 & 2008 STCSL Coach of the Year
- ◆ 2007&2008 STCSL Champions
- ◆ 1992 Member U.S. Army NRDEC Powerlifting team



Brittany Faison - Assistant Varsity

Coach. Graduate of Edison High School '08. Earned 1st Team All-District Honors. South Texas Club Sports League MVP, All-League First Team 2008-09.



Jessica Rodriguez - Junior Varsity

Coach. Graduate of Southside High School '07. Earned 2nd Team All-District Honors.



Erica Valdez - Freshman Coach.

Graduate of John Jay High School '08. Earned South Texas Club Sports League All-League Second Team 2008-09.



Alyssa Flores - Junior High

Coach. Graduate of Brackenridge High School '08. Earned 1st and 2nd Team All-District honors.

CAMP SCHEDULE AND FEES

Skills Camp

May 11	Serving/ Passing
May 18	Passing/ Setting
June 8	Setting/ Hitting
June 22	Passing/ Hitting

Clinic will be from 7:00 pm - 8:30 pm.

Registration fee: \$15.00 per session.

Training Camp

June 29 thru July 23, 2009

Clinic will meet Mon thru Thurs from 3-5pm

Camp Includes:

-1.0 hrs daily instruction on:

- passing -hitting
- serving -blocking
- setting

-1.0 hrs on strength and conditioning specifically designed for volleyball players which include:

- strength and endurance
- speed and quickness
- agility

Each camper will receive a t-shirt upon completion of the clinic.

Registration fee: \$175.00/camper

Team Camp

July 27 thru July 30, 2009

Clinic will meet Mon thru Thurs from 3-5pm

Team concepts will be taught including:

- offense (5-1, 6-2)
- defense
- transition offense and defense
- serve receive formations

Registration fee: \$100.00/camper

Each camper will receive a t-shirt upon completion of the clinic.