

Central Carolina Community College Foundation Waiver

The undersigned hereby certifies that he/she is the parent/legal guardian of the camper and that he/she has no knowledge of any medical problem or physical impairment that will be affected by the camper's participation in the youth volleyball camp. I hereby give permission to the camp staff to seek appropriate medical attention if unable to contact me during camp in the event of accident, injury or illness. I understand that participation in sports activities involves possible risks due to the nature of the activity and neither the trustees of CCCC nor any of the employees or agents assume responsibility for accident insurance coverage, medical bills and claims resulting from injury while participating in this sports camp. I understand and agree that the participant's parents/legal guardian will be responsible to pay for necessary medical treatment not covered by personal insurance.

Further, in consideration of the applicants participating in CCCC youth volleyball camp, the undersigned does hereby release the Trustees of CCCC, its officers, representatives, staff and employees of and from all liability, claims, demands, actions, and alleged cause of action whatsoever, arising out of or related to any loss, damage or injury that may be sustained by the minor applicant and the undersigned while participating in said volleyball camp.

To the fullest extent permitted by law the undersigned agrees to hold harmless that Trustees of CCCC and its officials, employees, representatives and personnel against any and all claims, demands, suits or actions for damages which may be asserted against the said Trustees, its officials, employees, representatives and personnel by reason of any person injury, and/or property damage or loss which is sustained because of or which arises out of or is in any way connected with the youth volleyball camp.

Participant Name Printed

Parent/Guardian Name Printed

Parent/Guardian Signature and Date



**DAL
LANGSTON**

Camp Director

dlangston@cccc.edu



**COUGAR
VOLLEYBALL
CAMP**



COUGAR VOLLEYBALL CAMP

(Rising 6th to 8th Grader's)

Participants will receive advanced volleyball instruction in the primary areas of serving, attacking, setting, digging, passing and Blocking. This camp will provide skill building drills, but will focus on competitive games and 6 vs. 6 competition. Each day will include team building activities as well as coordination and agility training. Limited to the first 18 signups.

DATE: Monday, July 11 through Friday, July 15

REGISTRATION FEE: \$75
(Bring payment on the first day of camp. One t-shirt is included.)

REGISTRATION/CHECK-IN: 2:30 p.m.

SESSIONS: 3:00 p.m. – 5:30 p.m.

COUGAR VOLLEYBALL TRAINING WORKOUTS

(Rising 9th Grade to Rising College Freshmen)

Participants will receive 30 minutes for the strength and agility session and two hours of volleyball play. Workouts will include some drills and a lot of competitive games, but mostly 6 vs. 6 competition directed by the college staff. Limited to the first 18 signups.

DATE: Monday, July 11 through Friday, July 15

REGISTRATION FEE: \$75
(Bring payment on the first day of camp. One t-shirt is included.)

REGISTRATION/CHECK-IN: 5:30 p.m.

SESSIONS: 6:00 p.m. – 8:30 p.m.

To sign up, visit this link to the Google form:
forms.gle/AzGy34i8pjWfSr7N7

For more information, email Jonathan Hockaday at jhockaday@cccc.edu

Designed and facilitated by Dal Langston, Head Volleyball Coach, and coaching assistants

