

# 19<sup>th</sup> Annual Connetquot Girls Volleyball Camp



## Play Like a Champion!

**July 28<sup>th</sup>-August 1<sup>st</sup>  
9-11 AM**

**Entering Grades 5-10**

**Location: Connetquot H.S.**  
(Meet in Main Gymnasium)

Sign up quickly because there is a  
limited amount of space.

Cost: \$150

Includes: Volleyball Camp T-Shirt,  
Instruction, and Insurance.

Questions please email  
Louis Melfi at  
[lmelfi@ccsdli.org](mailto:lmelfi@ccsdli.org)



### Camp Director

**Louis Melfi**

Varsity Coach Connetquot HS

- 7 Seasons HS Level
- 7<sup>th</sup> and 8<sup>th</sup> Grade coach at RONK
  - 4 Seasons MS Level; Girls & Boys
- Academy Club Volleyball Coach
  - 7 Seasons, 14s-16s

### Staff

The coaching staff will be made up of distinguished alumni of the Connetquot Girls Volleyball program who have played at the Collegiate Level. These girls have competed for County, Long Island and State Championships. The staff will be rounded out with a few of our rising seniors within the program.

**Mission:** To provide skilled instruction for athletes interested in becoming better volleyball players. The camp consists of five days of training, which will touch on all of the basics and end with game play.

**Itinerary: July 28-August 1 9-11 AM**

**July 28<sup>th</sup>:** Meet the coaches and skill work in teams.

**July 29-31<sup>th</sup>:** Campers will work on skills such as passing, setting, serving, hitting, defense, and the strategy of game play.

**August 1<sup>st</sup>:** Campers will compete in a tournament with other players in their ability level.

**This camp is not sponsored or insured by  
the Connetquot Central School District.**

**\*\*Participation/Non Participation in the camp  
will not help/hurt an athlete at tryouts\*\***



### Registration Form:

**Name:** \_\_\_\_\_

**Grade entering in September:** \_\_\_\_\_

**Experience level (Circle One based on your best judgement, changes can be made when we begin the camp)**

**Beginner-** Never Played on a team before.

**Intermediate-** Some Experience

**Advanced-** Played more than one season or plays club volleyball.

**Address:** \_\_\_\_\_

**Phone Number:** \_\_\_\_\_

**Emergency Contact**

**Name:** \_\_\_\_\_

**Phone #:** \_\_\_\_\_

**Email address:** \_\_\_\_\_

**T-Shirt Size (Adult Sizes):** \_\_\_\_\_

Please include payment and registration in an envelope and return to...

**Coch Melfi** at Connetquot High School,  
**Mrs. Hertz** at Ronkonkoma Middle School  
Or

**Mr. Melfi** at Oakdale Bohemia Middle  
School.

**\*\*\*Make checks payable to:**

**Thunderbirds Coaches Association**