

CAMP INSTRUCTORS

Gina McCabe

Univ of Wisconsin-Green Bay (Division 1)

Starter and Captain 1992-1995

Green Bay Preble High School

JV Head Coach 1996-1998

Assistant Varsity Coach 1996-1998

Metro American Volleyball Club

13's Coach 2007

Admin Assist 2006-present

Volley-Tots Program in Urbana 2008-Present

Claudia Lapceвич

Head Coach-UHS 2005-Present

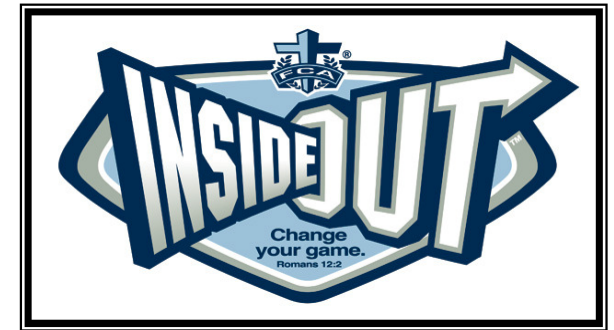
Metro American Coach 2005-Present

More Coaches to be added based on availability.

Purpose

The purpose of our camp is to train these athletes to be outstanding players. In addition, we want to have fun and to share the love of Christ with all of our participants.

**BRING A
FRIEND!**



METRO MD FCA 2009

VOLLEYBALL CAMP

Ages 8-13

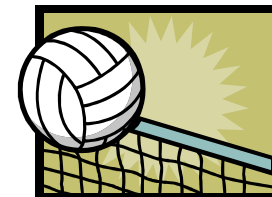
Novice to advanced players

June 29 – July 3, 2009

Gaithersburg, MD

Monday – Friday

8:30am – 4:00 pm





Age Group

Age 8-13 as of the first day of camp
8:30 A.M. - 4:00 P.M.

We will cover skills for all levels of talent.

Check-in

Begins 15 minutes before the Monday session at the location.

Equipment

Wear your shorts, T-shirt and bring a water bottle.
Knee pads (optional).

Location

Covenant Life Church
7501 Muncaster Mill Rd
Gaithersburg, MD 20877
PLEASE DO NOT CALL THE CHURCH.

Cost*

\$175.00 Registration by mail must be received by June 15-**Same price as last year!** (includes a \$50 non-refundable registration fee)

\$195.00 Late registration after June 15 (includes a \$50 non-refundable registration fee)

*A limited number of financial scholarships are available based on need and availability of funds.

Register at

www.fcacamps.org

or by calling 1-866-any-camp

What do I get?

- Challenging instruction from top notch coaches and student athletes
- Official FCA Camp 2009 T-shirt
- A complimentary issue of FCA's national sports magazine, *Sharing the Victory*
- FCA Sports New Testament with discussion guides and study aids

For Questions Contact

Camp Director
Mark Stephens
Office 301-363-8611
Markstephens@fca.org

General Schedule

8:30 am Warm-up (Assembly: Worship & Speaker)
9:15 am Power Boost (Quiet Time)
9:30 am Practice
11:15 pm Huddle (small group time)
12:00 pm Lunch (Bring your own)
12:30 pm Huddle (small group time)
1:00 pm Practice
2:30 pm Recreation (All camp competition)
3:15 pm Snack (We'll provide)
3:30 pm Pro-file (guest speaker)
4:00 pm Pick-up

* Note: Friday will be Family day! Modified schedule in the afternoon.

Here's what was said about our camp last year

FCA Camp has been the greatest experience of my life! Anyone who has not gone to an FCA Camp is missing out on one great experience!"

Camper Quote

