

# Foundation Sport Camps



[www.FoundationSportCamps.com](http://www.FoundationSportCamps.com)

## Foundation Volleyball

*Two great sessions this summer!*



Session 1 July 10 - 14, 2017  
2:00pm to 6:00pm Daily

Day Volleyball Camp grades 6-12th  
at Valley Stream North High School

Session 2 August 13 - 18, 2017

Sleepaway Volleyball Camp grades 6-12th  
at Camp Pontiac in Copake, NY

Foundation Volleyball Camp is an excellent skills development program for beginner through advanced players. To maximize learning, campers will be grouped based on similar skill level. During the course of camp, we will cover all individual skills including, passing, setting, serving, attacking, blocking and floor defense. In addition, our campers will have the opportunity to specialize by position and play in game and tournament situations. It is our goal to help campers improve skill level, self-confidence, leadership skills, overall athleticism, and understanding of team concepts.

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For pics, videos, registration forms, and more information, please visit our website!

Please go to [www.FoundationSportCamps.com](http://www.FoundationSportCamps.com) to register for our 2017 camps.

Registration is fully online using Active Networks. No papers to fill out and nothing to mail!

### 2017 Camp Rates

Take advantage of Early Bird Rates! (before March 31<sup>st</sup>)  
Session 1, Day Camp at Valley Stream North HS = \$200.00  
Session 2, Sleepaway Camp = \$649.00 (\$599.00 Early Bird)

Refund policy: Refunds requested before July 1 will receive full refund minus \$100 and the processing fee. After July 1, full refund minus \$150 and the processing fee. There are NO refunds after August 1. There are NO refunds on bus reservations.

### Coach Bus To and/or From Sleepaway Camp

Available from Long Island ONLY.

Any One Way Trip, Add \$75.00

Round Trip, Add \$100.00

**NO REFUNDS ON BUS RESERVATIONS**

### Other Programs at the 2017 Foundation Sleepaway Camp

High School Cross Country Program  
Middle School Running and Form Program (6th, 7th & 8th Grade)  
Track & Field including;

- Speed and Sprints
- Long & Triple Jumps
- Hurdles
- Throwing Events (Shot, Discus, Javelin, Weight)
- High Jump
- Racewalking
- Pole Vault

The Foundation Soccer Academy

### Additional Programs at the Sleepaway: Optional

Leadership Academy (+\$25) Sports Medicine Internship (+\$25)



Register Today at [www.FoundationSportCamps.com](http://www.FoundationSportCamps.com)