

**PUGET SOUND REGION
2009 HIGH PERFORMANCE PROGRAM**

Select Age Division - For girls born in 1994 or later

Camp Location and Dates

Fife High School in Fife, Washington
Wednesday, July 8th 2009 through Friday, July 10th 2009

Costs

\$35.00 Tryout Fee

Tryout will be held at Fife HS on May 17th 2009 from 10:00 AM to 4:00 PM

**All players will attend from 10:00 AM to 12:30 PM

**A smaller group of players will be asked to stay for the 1:30 PM to 4:00 PM session, where final selections will be made

\$250.00 Camp Fee which includes:

3 days/9 sessions of training

All housing and meals - lodgings at the Motel 6 in Fife

Player per coach ratio of 4:1

Player per net ratio of 8:1

Plenty of highly individualized instruction, including classroom sessions

Materials covering many topics of being an elite volleyball player

The Puget Sound Region will be offering the 5th annual Regional High Performance Camp in the summer of 2009. The program is modeled after the National USA Volleyball High Performance Program which is aimed at identifying and training the elite junior volleyball players in the country.

The mission of the Puget Sound Regional High Performance Program is threefold. The first is to provide an elite training setting for the top junior volleyball players in the region. The second is to help develop the level of competency within the coaching ranks in the region. Finally, the program will strive to introduce USAV play to young athletes not yet familiar with junior club volleyball.

For more information, contact Dragan Karadzic, Program Director, by phone at 360-297-1814 or by e-mail at evadragon@aol.com. You can also access the regional web site at www.pugetsoundvb.org for continuous updates.

Select Team Will Travel This Year!!

In the summer of 2007 the Puget Sound Region Youth Team competed at The Global Challenge in Utah, coming home with the Gold Medal. Last year, our Youth Team competed at the USAV HP Championships in Tucson, Arizona and finished 5th out of 16 teams in the National Youth Division.

This year, we will be selecting a team from the Select, as well as the Youth camps, to represent the Puget Sound Region at the 2009 USAV HP Championships. The Select team will compete in the National Select Girls division with an opportunity to compete against teams from other regions. The tournament will be held in Ft. Lauderdale, Florida from July 22nd through July 26th (travel dates will be July 21st and July 26th).

The actual cost of the trip will be listed once we finalize all the travel details. Last year's travel costs were \$500 per player and we expect the costs to be similar this year. This amount covered ALL costs, including airfare, team entry fee, uniforms, hotel and food.

At this time, if you are registering for tryouts for the Select division, please let us know if you can travel and compete at the HP Championships. There is an area on the tryout form asking about the player's availability. You will not be binding yourself to the trip by stating yes - however, it will give us an idea of our ability to field a travel squad.

PSR High Performance Camp

Select Tryout Application

First Name _____ Last Name _____
Address _____
City _____ State _____ Zip Code _____
Phone () _____ E-mail Address _____
USAV Registration Number _____
Parents Signature _____
Parents E-mail Address _____
We are <input type="checkbox"/> We are not <input type="checkbox"/> able to attend the HP Championships (please check one)

Date of Birth _____ Year of High School Graduation _____
School _____ Coach _____
USAV Club _____ Coach _____

Position (check and please label a 1 st and a 2 nd choice)
Setter _____ Middle _____ Left Side _____ Right Side _____ Libero _____

Physical Information
Height _____ Weight _____ Dominant Hand (L or R) _____ Shirt Size _____
Standing Touch _____ Block Touch _____ Approach Jump Touch _____

Tryout Fees

Pre-registration fee is \$35.00 (must be received by May 13th 2009)
On site registration fee is \$45.00

Make checks payable to USAV/Puget Sound Region

Mail registration and check to:

Dragan Karadzic
Puget Sound HP Program Director
12623 NE Philip Drive, Kingston, WA, 98346