

# Benbrook Community Center/YMCA

## Cowtown Club Volleyball

### July Summer Skills Clinics & Camps

#### Clinic Dates and cost:

\*All morning clinics are at the Benbrook Community Center/YMCA

\*All afternoon/evening clinics are at Southwest Christian School

#### Setter Clinics~ \$20 each session:

Wednesday, July 1 from 9:00-10:00am

#### Ball Control Clinics~ \$20 each session:

Wednesday, July 1 from 10:30-11:30am

#### Positional Training Clinics (2 part/2days) ~ \$100:

Wednesday, July 1 from 4:30-6:30pm

Thursday, June 2 from 4:30-6:30pm

#### Back-to-school Camps~ \$150 each session:

Monday, July 27-Thursday, July 30  
from 9:00-11:30 OR 4:00-6:30pm

#### Setter Boot Camp (2 part/2 days)~ \$100:

Monday, July 13 from 10:00am-12:00pm

Wednesday, July 15 from 10:00am-12:00pm

#### Elite All Around Day Camp~\$220:

Monday, July 13 from 4:00-6:30pm

Tuesday, July 14 from 4:00-6:30pm

Wednesday, July 15 from 4:00-6:30pm

Thursday, July 16 from 4:00-6:30pm

#### Beginners Camp~ \$50 per clinic or \$150 for all four:

Saturday, June 13 from 9:00am-12:00pm

Saturday, June 27 from 9:00am-12:00pm

Friday, July 3 from 9:00am-12:00pm

Friday, July 17 from 9:00am-12:00pm

#### Strengthening/Conditioning Camp~ \$40 each or \$100 for all three:

Saturday, July 11 from 9:00-11:00am

Saturday, July 18 from 9:00-11:00am

Saturday, July 25 from 9:00-11:00am

Benbrook Community Center/YMCA • 1899 Winscott Road • Benbrook, TX 76126  
817-249-0500 • www.benbrookcommunitycenterymcafw.org



Benbrook Community Center/YMCA Cowtown Club Volleyball Summer Clinics

Name \_\_\_\_\_ DOB \_\_\_\_\_ Sex \_\_\_\_\_  
 Parent Name (s): \_\_\_\_\_ DOB \_\_\_\_\_  
 City \_\_\_\_\_ Zip \_\_\_\_\_  
 Home Phone \_\_\_\_\_ Cell Phone \_\_\_\_\_  
 Email \_\_\_\_\_ Clinic: \_\_\_\_\_ Session date/time: \_\_\_\_\_

The YMCA of Metropolitan Fort Worth will not assume responsibility for any injury incurred while participating in any athletic events, childcare programs, parent/child & outings, special events, sports programs or any related YMCA sponsored activities. Certain risks of injury are inherent during participation in these programs and events. Nor will the YMCA be responsible for any lost or stolen items while members and/or program participants are using YMCA facilities, on YMCA premises or off-site YMCA program locations. I understand for myself and my heirs, do hereby release the YMCA and its employees and agents from any and all claims for injury, loss or damage I may suffer as a result of my participation, including any injury caused by the negligence, if any, of the YMCA, its officers, employees, agents, volunteers or the negligence of anyone else. I give my permission to the YMCA to use photographs, film footage, or tape recordings, which may include my image or voice for purposes of promoting or interpreting YMCA programs for no compensation.

Participant Signature \_\_\_\_\_  
 Emergency contact \_\_\_\_\_