



2017 Hitting - July 16 approach speed, arm-swing and power, hitting various tempos, transition
2017 Defense/Ball Control - July 17 passing, setting, defense, arm-swing, serving
2017 Setting - July 18 footwork, hand positioning, setting different tempos, out of system
2017 Hitting - July 19 approach speed, arm-swing and power, hitting various tempos, transition

2017 All Skills - July 17,18,19,20 all skills training / hitting, passing, serving, setting, and defense

Eligibility (per NCAA rules camp may be limited only by number of players, age, grade level, and gender)
Individual Skill Clinics - players must be entering 9th - 12th grade in fall of 2017
All Skills Clinic- players must be entering 6th - 8th grade in fall of 2017

Fees **make checks payable to:** ROB FROST
mail to: UMHB 900 College St. # 8010
 Belton, TX 76513
 100% refund 7 days prior to camp. NO REFUND within 7 days of camp.

Information please contact Coach Frost at rfrost@umhb.edu with additional questions

Confirmation you will be sent a **CONFIRMATION EMAIL** when payment and registration have been received

Deadline no entries will be accepted after June 30, there are limited spots available for these clinics

Instructors Coach Rob Frost along with UMHB players Natasha Evans, Sydney Stolz, Miranda Klein, and Haleigh Evans
****coaches and players ONLY will be allowed in the gym...no parents, siblings, other coaches, etc. allowed in the gym during the training sessions****

Registration:		Name: _____	Age: _____	Grade (fall of 2017): _____
		Email: _____	Phone: _____	
Check each clinic attending		** (check only...payable to 'Rob Frost') **		
Hitting-	July 16	2:00-6:00pm	\$80	_____
Defense and Ball Control-	July 17	2:00-6:00pm	\$80	_____
Setting-	July 18	2:00-6:00pm	\$80	_____
Hitting-	July 19	2:00-6:00pm	\$80	_____
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All Skills Clinic-	July 17,18,19,20	9:00-11:00am	\$160	_____
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camp T-shirts are purchased separately...if you would like a camp T-shirt please submit the request below				
		Sm Med Lg	\$7	_____