

Gold Medal Squared Volleyball is coming to Mount Si HS

What: GM2 Volleyball Camp

When: July 17-20th (Monday-Thursday) @ Mount Si HS

Time: 8:30-11:30, 1:00-4:00, 4:30-5:30p (**Everyone attends all sessions.**)

Who: All incoming 7th - 12th grade girls (**First 56 campers**)

Where: Mount Si High School Gymnasium/Freshman Campus (Meet at MSHS)

Cost: \$225.00 (**Make Checks out to MSHS VB Booster Club send them to Bonnie Foote- 28428 238th AVE SE. Maple Valley, WA 98038.**)

Includes camp tee-shirt, coaches' salary- head and assistants for each court, coach's travel, transportation, insurance, gym rental, instruction etc.

Registration: You must register online @ <https://www.goldmedalsquared.com/>

Your registration will stay inactive until payment has been received. When payment is received I will make your registration active. This is a first come first serve registration process. The first **56** athletes to **REGISTER** and **PAY** will join our camp this year. Payment is mailed to Coach Foote. See mailing address below. Refunds will be case by case and whether we can fill your spot. We will keep \$50.00 of your registration though.

ABOUT GOLD MEDAL SQUARED

GMS Pedigree: Programs running GM2 systems have won at every level of the game: Olympic Gold Medals, NCAA Championships, European Professional League titles, Jo Championships and more. But our greatest success have come at the Junior high and high school level-during our 20+ years of running camps, over 150 schools have won State High School Championships. Hundreds more have won regional/.sectional championships and virtually every school that hold a camp has an improved season over the previous one. We are the leaders in training volleyball players/teams and we have the results to prove it.

- Five Olympic Medals
- 12 NCAA D1 Championships
- 10 Junior Olympic Club Championships
- Over 500 High School State Championships
- Thousands of League, District, and Regional Champs

Staff: We also understand that the quality of the camp staff determines the quality of the camp. We provide our staff with rigorous training, quality reviews and the best teaching tools available. Most of our lead coaches are current college coaches who run the Gold Medal Squared system in their gyms. Many of our other coaches are coaches and athlete that will work wonderfully with your younger players. Our staff loves to coach-many have been with us for over five years- and it shows in our clients achievements.

Our camp staff will also consist of MSHS head and assistant coaches.

The GMS Method: The teaching methods we use during a GMS camp represent over 100 years of coaching experience and the scientific study of teaching volleyball at all levels. These methods, used in some of the most elite gyms throughout the country, have been successfully applied to our camp curriculum. Additionally, what sets us apart from our competition is that we provide a consistent product from court to court and camp to camp. All of our staff members teach the same mechanics, use the same methods, and run the same drills. We have refined our system over more than 20 years of doing camps, bringing with us an unmatched level of experience.

Send payment to: Mount Si VB Booster

Attention: Bonnie Foote

28428 238th AVE SE

Maple Valley, WA 98038

email:footeb@svsd410.org/Phone: 253-569-8075

Go Wildcat Volleyball