



# 2023 Griffin Girls Volleyball High School Summer Camp

**Session 1: Varsity Camp** – July 18 and 20 - July 24, 25, 26, 27 - July 31, August 1, 2, 3  
(6:30am – 9:00am) (Players with approval from coach to attend)

**Session 2: Open Camp** – July 18, 19, 20 - July 25, 26, 27 - August 1, 2, 3  
(9:00am – 11:00am) (Returning FS/ JV players, new players at LAHS, and players entering high school)

**Where:** Los Alamitos High School Gym

**Cost:** \$210.00

(Includes 2 Weeks of Summer Workout, credit card processing, insurance, and T-Shirt)

## How to Register:

Go to: [www.LAEF4Kids.org/camps](http://www.LAEF4Kids.org/camps)

**Click on the “Register Now” button**

**Choose: “Sports Camps 2023” from the “Season” pull-down menu,  
then click “Apply Filter”**

**Find your session(s), create a profile/log-in and sign up!**

## What you will need to bring:

- **Indoor Athletic Shoes**
- **Water**
- **Completed Physical Forms** (Forms should be turned into Activities office at LAHS)

## Other Info:

- The summer camp is open to any player looking to improve their skills. We will be working on both individual and team skills as well as conditioning.

- Tryouts for new players attending Los Alamitos H.S. will be held on Friday August 4<sup>th</sup> at 9:00am

- Summer camp is not required in order to tryout.

- Contact: Dave Huber – [davidhuber@gmail.com](mailto:davidhuber@gmail.com)
- Check our website - [losalgirlsvolleyball.com](http://losalgirlsvolleyball.com)
- Follow us on social media - Twitter: [@LOSALvolleyball](https://twitter.com/LOSALvolleyball), Instagram: [@losalgirlsrb](https://www.instagram.com/losalgirlsrb)

E-mail Mike Kahn at [programdirector@LAEF4kids.org](mailto:programdirector@LAEF4kids.org) or call 562-799-4700 ext. 80424

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