

# 2019 Crawford Volleyball Advanced Camp

Crawford High School Gymnasium



**July 29-July 31, 2019**  
12:00 pm - 3:00 pm



This is an advanced camp for **incoming 9<sup>th</sup> - 12<sup>th</sup> graders**. The purpose of this camp is to prepare you for the upcoming 2019 volleyball season and consists of conditioning, basic fundamentals, and advanced skill work.

I'm excited to announce that we have new Camp Instructors this year. These native Californians, Mark Pozsgai and Bjorn Dahl, love volleyball and love teaching the game to the next generation of players. Mark has played competitively for 11 years. His teams won 2 medals at the Junior Olympics and he was a 2 time All American and National Champion at California Baptist University. He also played at Long Beach State before transferring to CBU. He has coached multiple club teams in both California and Texas. Bjorn also played at Long Beach State, where the 49ers were ranked the #1 team in the nation in 3 of his 4 years at LBSU. He has coaching experience at the high school and college level. He coached collegiately at Mesa Community College and Palomar College in San Marcos, California. He has also coached numerous Club teams at the JH and HS levels. He has experience coaching boys as well as girls and has also started and directed his own training facilities emphasizing all around physical training as well as Volleyball specific training. You won't want to miss this camp. These guys are fun and extremely knowledgeable!!

Registration deadline is **May 17, 2019**. Please complete and return the registration form below, along with your **\$90 camp fee, or \$25 deposit**, to Coach Coker.

**Checks may be made out to "Mark Pozsgai."**

If you have questions about the camp call Coach Coker at (254)715-9314.  
**The balance (if any) is due on July 29.**

## Crawford Volleyball Camp Registration Form

Name: \_\_\_\_\_ Age: \_\_\_\_\_

Grade Entering: \_\_\_\_\_ T-shirt Size:    S       M       L       XL

Parent/Guardian: \_\_\_\_\_

Address: \_\_\_\_\_ City: \_\_\_\_\_

Phone: \_\_\_\_\_ Emergency Phone: \_\_\_\_\_

**Assumption of Risk:** I agree to release all claims against Crawford ISD or its employees from liability for injury or illness incurred while engaged in the activity in question. I give the staff permission to act in its best judgment in the case of emergency.

Parent/Guardian Signature: \_\_\_\_\_