# 2025 FESL Volleyball Summer Camp

St. James - St. Raymond - Mary Seat of Wisdom - St. Paul of the Cross



FESL Volleyball camp introduces and emphasizes correct technique in all aspects of the game, providing athletes with individual attention in a group setting. All camps are open to students from any school.

### **All Skills Camps**

Practice and learn each skill – serving, serve-receive, defense, setting, and hitting – with court strategy and game situations. Play skill-based games every day with a tournament and awards on the last day. Players still in school on June 9th or 10th can join our All Skills mini-camp at St. James from June 11th to 13th. Limited to 32 players | 2 full sized courts | 1:8 Coach to Player ratio

### **Focused Training Camps**

In-depth, specialized training for specific skills: hitting, serving, serve-receive and defense. Training focuses on improving technique, correcting form, and extra reps.

Limited to 24 players | 2 full sized courts | 1:6 Coach to Player ratio

### **Coaching Staff**

All camps will be directed and coached by Joanie Fesl. Our coaches this summer will include some of the following former collegiate players:

- Eryk Krzyzak Glenbrook South High School Boys & Girls Assistant Varsity coach
- Jack Nickle Rolling Meadows High School Girls Varsity Coach
- Jake Braceros current semi-pro volleyball player
- Katie Nickle former Rolling Meadows High School Girls Varsity Coach
- Kevin O'Donnell Conant High School Boys coach & Rolling Meadows High School Girls coach
- Mike Aldworth former coach at Naperville North High School & Prospect High School

| Location & C   | Date & Time                                   | Cost                                  | Class Code                |              |
|--|---|---------------------------------------|---------------------------|--------------|
| St. James   821 N. Arlington Heights                         | June 9-13                                     |                                       |                           |              |
| All Skills   | Co-ed 5 <sup>th</sup> – 6 <sup>th</sup> Grade | 8:30-10:00am   M-F \$170              |                           | SJS56        |
| All Skills   | Co-ed 7 <sup>th</sup> – 8 <sup>th</sup> Grade | 10:00-11:30pm  M-F                    | 00-11:30pm   M-F \$170    |              |
| Focused Training   | Co-ed 7 <sup>th</sup> – 8 <sup>th</sup> Grade | 11:30-12:30pm   M-F                   | 11:30-12:30pm   M-F \$150 |              |
| All Skills (Wed-Fri only)                                    | Co-ed 7 <sup>th</sup> – 8 <sup>th</sup> Grade | 1:00-3:00pm   W-F                     | 1:00-3:00pm   W-F \$140   |              |
| St. Raymond   300 S Elmhurst Ave, N                          | June 16-20                                    |                                       |                           |              |
| All Skills   | Co-ed 5 <sup>th</sup> – 6 <sup>th</sup> Grade | <sup>h</sup> Grade 8:30-10:00am   M-F |                           | Ray56        |
| All Skills   | Co-ed 7 <sup>th</sup> – 8 <sup>th</sup> Grade | 10:00-11:30pm  M-F                    | \$170                     | Ray78-AM     |
| Focused Training   | Co-ed 7 <sup>th</sup> – 8 <sup>th</sup> Grade | 12:00-1:00pm   M-F                    | \$150                     | Ray-Training |
| All Skills   | Co-ed 7 <sup>th</sup> – 8 <sup>th</sup> Grade | 1:00-2:30pm   M-F \$170               |                           | Ray78-PM     |
| Mary Seat of Wisdom   1352 S. Cum                            | June 23-27                                    |                                       |                           |              |
| All Skills   | Co-ed 5 <sup>th</sup> – 6 <sup>th</sup> Grade | 8:30-10:00am   M-F \$170              |                           | MSW56        |
| All Skills   | Co-ed 7 <sup>th</sup> – 8 <sup>th</sup> Grade | 10:00-11:30pm  M-F                    | \$170                     | MSW78        |
| St. Paul of the Cross   140 S. Northwest Highway, Park Ridge |   | June 23-27                            |                           |              |
| All Skills   | Co-ed 5 <sup>th</sup> – 6 <sup>th</sup> Grade | 12:30-2:00pm   M-F \$170 SP           |                           | SPC56        |
| All Skills   | Co-ed 7 <sup>th</sup> – 8 <sup>th</sup> Grade | 2:00-3:30pm  M-F                      | \$170                     | SPC78        |

Please register for the grade your player will be in Fall 2025 (e.g., if just finished 6th grade, register for 7th grade)

# 2025 FESL Volleyball Summer Camp

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| 2025 Camp Registration Form |           |             |           |     |                               |       |
|-----------------------------|-----------|-------------|-----------|-----|-------------------------------|-------|
| Player's Name:              |           |             |           |     |                               |       |
| Player's School             |           |             |           |     | Player's Grade<br>(Fall '25): |       |
| Camp Location: (circle one) | St. James | St. Raymond | MSW       | SPC | Class Code:                   |       |
| Home Address:               |           |             |           |     |                               |       |
| City:                       |           |             |           |     |                               |       |
| Phone:                      |           |             |           |     |                               |       |
| Emergency Contact:          |           |             |           |     | Emergency Phone:              |       |
| Email Address:              |           |             |           |     |                               |       |
| Payment:                    | Cash      |             | Check (#) |     | Zelle                         | Venmo |

Form can also be downloaded on the website: www.feslvolleyball.com

- 1. Registration form email a scanned copy or photo of the registration form or send via mail to Joanie Fesl
  - Email: joanie.fesl@gmail.com
  - Mail: 817 N. Beverly Lane, Arlington Heights, IL 60004
- 2. Payment options:
  - Cash or check mailed with registration form check payable to Joanie Fesl (not FESL Volleyball)
  - Online Payment via Zelle (preferred online payment) or Venmo
    - Zelle: 847-791-1014 (registered as "Richard")
    - Venmo: @Joan-Fesl
- 3. Registration will be confirmed via email within 48 hours of payment receipt

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#### **Insurance Waiver**

Waiver and release of all claims - Please read this form carefully and be aware that in signing up and participating in this camp, you will be expressly assuming the risk and legal liability and waiving and releasing all claims for injuries, damages or loss which your minor child/ward might sustain as a result of participating in any and all activities connected with and associated with the Host School and Archdiocese of Chicago or FESL Volleyball Camp/Joanie Fesl.

I recognize and acknowledge that there are certain risks of physical injury to participants in given programs/activities, and I voluntarily agree to assume the full risk of any and all injuries, damages, or loss, regardless of severity, that my minor child/ward may have (or accrue to my child/ward) as a result of participating in this program/activity - against the Host School and Archdiocese of Chicago or FESL Volleyball/Joanie Fesl.

I do hereby fully release and forever discharge Host School and Archdiocese of Chicago and FESL Volleyball Camp/Joanie Fesl staff from any and all claims for injuries, damages, or loss that my child/ward may have or which may accrue to my minor or child/ward and arising out of, connected with, or in any way associated with this program.

I have read and fully understand the above important, warning or risk, assumption of risk and waiver and release of all claims.

| Print Participant's Name:   |       |
|-----------------------------|-------|
| Print Parent/Guardian Name: |       |
| Parent/Guardian Signature:  | Date: |