

# Cascade Cougar Volleyball Mini Clinics 2019 Registration

Please send early registration to: 10226 Marion Rd SE Turner Oregon 97392

Attention: Cristina Williams

Cost for both Clinics \$25

All Checks made out to: Cascade High School

Questions email Coach Williams at [cwilliams@cascade.k12.or.us](mailto:cwilliams@cascade.k12.or.us)

Clinic (circle those interested)	<b>Session 1</b>		<b>Session 2</b>	
Name (first, last):	Birth Date:			
Address:	City:	Zip:		
Contact Number:				
School:	Grade:			
T-Shirt Size (circle one):	Youth sizes S M L	Adult sizes S M L		

## RELEASE OF LIABILITY

As parents or guardians, we understand that participation in any sports involves the assumption of certain risks of injury. I hereby register my child for this camp and authorize the staff to direct her in participation of camp activities. I know of no psychological or physical problems that may affect her ability to safely participate in the camp. I understand that it is my responsibility to inform the Camp director of any conditions or special needs he/she may have.

I/We hereby fully release and hold harmless the Camp, its directors, the school districts and/or facilities, Camp staff, agents of the Camp, and agents of each facility from any liability that may arise from child's participation in the camp.

Participant, \_\_\_\_\_, has my/our permission to participate in training, competition, events, and all camp activities sponsored by each institution. I recognize that the leaders are serving to the best of their abilities. I certify that the participant has full medical insurance with the company listed below. I/we will assume full financial responsibility for the bills incurred through my insurance company \_\_\_\_\_.

If, during the course of my child's activities in volleyball camp, he/she should become ill or sustain an injury, I hereby authorize the Camp director and/or agents of the camp to obtain emergency medical/ dental care. In the absence of a parent/guardian signature, payment of camp fee and participation in the activities shall constitute acceptance of the conditions set forth in this release.

Parent/Guardian Name (print) \_\_\_\_\_

Signature \_\_\_\_\_

Date \_\_\_\_\_

# Cascade Cougar Volleyball Mini Clinics



# 2019

### Session 1

April 30<sup>th</sup> and May 2<sup>nd</sup>

May 7<sup>th</sup> and May 9<sup>th</sup>

6-7:15 PM

Session 1 mini camp is for 1st-3rd graders. This session is an introduction of the game of volleyball. It is all about playing with the volleyball and having fun while learning about movements found throughout the game.

### Session 2

May 14<sup>th</sup> and May 16<sup>th</sup>

May 21<sup>st</sup> and May 23<sup>rd</sup>

6-7:30 PM

Session 2 mini camp is for 4th-6th graders. This session focuses on building more on volleyball skills, such as passing, setting and hitting. We will work on reaction time to the ball with repetition for early success with volleyball!

[www.cascadeathletics.org](http://www.cascadeathletics.org)

# Cascade Coach Biography



Cristina Williams  
Head Coach

**Coaching:** Coach Cristina Williams begins her 10<sup>th</sup> season at Cascade High School as the head varsity volleyball coach with an overall record of 119-51. The cougars have placed 1<sup>st</sup> in league 5 out of the 10 years that Coach Williams has been leading the Cougars.

Coach Williams first season at Cascade was in 2010 and she led her team to an 11-9 overall record and 7-3 league record earning the Cougars a second place finish in the Oregon West Conference. The following year the Cougars record improved to 17-5 overall and 9-1 league making the Cougars league champions for the first time since 2003 and she was honored by her peers with Coach of the Year for Oregon West Conference. In the 2012 season the Cougars record was 18-5 overall and 8-2 in league placing the Cougars second place in the Oregon West

Conference. That year the Cougars advanced to the OSAA 4A state play-offs ranking them in the top 16 in state.

During the 2013 and 2014 season, Coach Williams lead the Cougar varsity team to back-to-back Oregon Conference Championships with an overall season records of 24-2 and 16-6 and perfect 10-0 league records for both seasons. The team finished with a 2nd place finish at the OSAA 4A Volleyball Playoffs in 2013 and a 6<sup>th</sup> place finish in 2014. For her efforts, Coach Williams was recognized as the Oregon West Conference coach of the year both years and by the Oregonian as the 4A Volleyball Coach of the Year in 2013. The 2015 season the Cougars overall record was 12-6 and 9-1 in league making them once again Oregon West Conference Champions. The Cougars finished the season in the 4A level top 16 in State. 2016 season the Cougars had an overall record of 15-5 and a 9-1 league record. The Cougars again were league champions. The cougars finished the season again in the top 16 in State. This past 2017 season the Cougars placed 2<sup>nd</sup> in league with a record of 7-3 and finished in the top 16 in state with an overall record of 12-8.

Coach Williams has coached club volleyball for Canby Volleyball Club (2007-2011) and Salem Volleyball Club (2014).

Prior to Cascade, she was an assistant at Clackamas Community College in 2007 and 2008.

**College:** Coach Williams played volleyball at Oregon Institute of Technology in 2002-2003 seasons. During her time at OIT she received first team all-conference and first team all-region

NAIA division. She graduated from OIT with a bachelor's degree in Psychology. Before playing at OIT she played at Clackamas Community College in 1998 and 2000 season.

Coach Williams led her team in 1998 to a 1<sup>st</sup> place league championships in the Southern Region Conference and a 2<sup>nd</sup> place in the NWAACC Championships earning her the Coaches Award for that year.

In 2000 season Coach Williams again led her team to a 5<sup>th</sup> place NWAACC Championships, received 2<sup>nd</sup> team all-conference Southern Region recognition and was voted Team MVP of that year.

**High School:** Coach Williams attended Canby High School where she led her team with two first place league championships (1996 and 1997) and was honored in 1996 and 1997 to 1<sup>st</sup> team all-league PAC-7 Conference. Coach Williams also played club for a variety of club teams including Canby Volleyball Club, Red Hots Volleyball Club, Nike NW Jrs. Volleyball and Mt. Hood Volleyball Club.