

REGISTER TODAY!

Saginaw Valley State University
2005 Summer Volleyball Camps

Check Appropriate Camp

Individual Camp I – Advanced All Skills

July 17 – 19 Grade 9 -12
\$195 Resident \$170 Commuter*

Individual Camp II – Setters / Hitters

Setters Camp
June 24 – 26 Grade 9 -12
\$195 Resident \$170 Commuter*

Hitter Camp
June 24 – 26 Grade 9 -12
\$195 Resident \$170 Commuter*

Individual Camp III – Beginner All Skills

August 1 – 4 Grade 6 – 8 5:00 pm – 8:30 pm
\$95 Commuter Only

Team Camp I – Development/Competitions

July 25 - July 28 Grade 10 -12
\$195/Athlete Resident \$800/Team Commuter*

Check-In 12 - 12:30pm First Day/Check-Out 12 noon Last day.
*Includes lunch only

12-154056

SVSU SUMMER CAMP PROGRAM
VOLLEYBALL
7400 BAY RD
UNIVERSITY CENTER, MI
48710

SAGINAW VALLEY STATE UNIVERSITY
CARDINAL VOLLEYBALL



SUMMER 2005
VOLLEYBALL
CAMPS

Individual Camps

All Skills Camp (Advanced) July 17 – 19
Setter's Camp/Hitter's Camp June 24 – 26
All Skills Camp (Beginners) August 1 – 4

Team Camp

Team Camp I July 25 – July 28

SVSU.EDU/athletics

For more information Call: (989) 964-7300

To register, complete the information below. Mail this form with your check (made payable to SVSU Summer Camp Program) to:

Saginaw Valley State University, Summer Camp Programs
Ryder Center
7400 Bay Rd
University Center, MI 48710-0001

Please print clearly:

Name Age

Street Address

City State Zip

Phone

Name of School

Grade In School next Year: 6 7 8 9 10 11 12

T-Shirt Size: S M L XL

Amount Enclosed: \$ _____

To Parent(s) or Legal Guardian(s):

I hereby authorize the directors of the Saginaw Valley State University Summer 2005 Cardinal Sports Camps to act for me according to their best judgment in any emergency requiring medical attention and I hereby release, exonerate and discharge the camps, their employees and Saginaw Valley State University from any and all actions or cause of actions known or unknown for any injuries while at camp or on the way to camp.

Signature of Parent or Legal Guardian

SVSU's Athletic Department will provide reasonable accommodations for those persons with disabilities. Individuals who wish accommodations should contact the department at 989.964.7300 at least three days prior to the Camp. SVSU does not discriminate based on race, religion, color, gender, sexual orientation, national origin, age, physical impairment, disability, or veteran status in the provision of education, employment and other services.

SVSU CAMPS

Saginaw Valley Volleyball Camps are continuing to intensify its instruction and workouts for the Campers. The Coaching Staff is developing Skills Camps to assist the best players in further developing their game and will bring the basic knowledge to the beginner. Included in this instruction will be Volleyball Conditioning and exposure to Plyometrics and Weight lifting for Volleyball. The Coaching staff will consist of Cardinal Volleyball Coaching staff and current and past Cardinal Players (several of whom coach area high school programs), as well as accomplished area high school and club coaches.

The Camps will be held in the Cardinal Gym and O'Neil Arena, located in the Ryder Center on the SVSU Campus.

CAMP STAFF

Camp Director

Will Stanton

SVSU Volleyball Head Coach

*Former Head Coach Mott Community College

*Former Head Coach Lake Fenton High School

*1998 MHSAA State Champions

*1997 MHSAA State Runner-Up

*MIVCA 1998 Coach of the Year

Asst. Camp Director

Jessica Briggs

SVSU Volleyball Asst. Coach

*NJCAA All-Region Setter

*MIVCA All-State Setter

Camp Staff

Current & Former Cardinal Volleyball Team Members
Area High School and Club coaches

WHAT YOU GET

Campers get excellent Staff to Camper ratio, and continuous hands on instruction from experienced and qualified players and Coaches.

Each Camper gets a free Camp T-shirt. Resident Campers receive all meals, and stay in the University Dormitories. Commuter Campers receive Lunch on full days.

All Campers have time and access to all of the Ryder Center facilities including the Olympic size swimming pool, weight room, and new Fitness Center.

CAMPS / COST

Individual Camp I – Advanced All Skills

July 17 – 19 Grade 9 -12

\$195 Resident \$170 Commuter

This is an All Skills Camp designed to help Varsity level players enhance their skills by introducing new techniques, and reinforcing good habits. There is an emphasis on advanced skills and techniques used at the college level with adequate repetitions to learn the skill. The camp also exposes the player to current physical training techniques and methods.

Ind. Camp II – Setter Camp

Ind. Camp II – Hitter Camp

June 24 - 26 Grade 9 -12

\$195 Resident \$170 Commuter

These Camps are advanced training to build player's skills in the specific position. Both Camps focus on technique and repetition to reinforce the skill, as well as the mental approach to each and the role of that player to the Team success. These are 2 separate Camps, run simultaneously to utilize the other for repetitions and game-like situations.

Individual Camp III – Beginner All Skills

August 1 - 4 Grade 6 - 8 5pm–830pm

\$95 Commuter Only

This Camp is designed for the Beginner and less experienced Volleyball player. Emphasis is on combining fun with skill development and Team concept. Campers are separated into skill levels for greater improvement.

Team Camp – Development/Competitions

July 25 – July 28 Grade 10 -12

\$195/Player Resident \$800/Team Commuter

Team Camp is designed to help Teams work on Court Communication, Teamwork and offensive & defensive movement. Each Session starts with Drills then move to Competitions. Commuter Teams limited to 12 Players.

All Camps (except Beginners):

Check-In 12:00 - 12:30 on first day.

Checkout is 12 noon on last day

For more information Call: (989) 964-7300