



S Michigan State University

Spartan Volleyball Camp

Ball Control Clinic July 16

Attacking Clinic July 17

Setter Camp July 18

All Skills July 20-22

Training Team Camp July 23-25

Competitive Team Camp July 27-30

Camp Information

Dates and Costs

▶ 1-DAY BALL CONTROL CLINIC

July 16

Commuter \$95

This camp focuses entirely on defense, passing, and ball control. While this camp is targeted at players who play the libero or defensive specialist positions, it is certainly NOT limited to those players. Campers can expect to touch hundreds of balls while learning basic Spartan defensive moves such as free-ball passing, shuffling, run-throughs, diving and rolling, cushioning, collapsing, and overhead defense. Kneepads are a MUST for this camp as campers will learn to hit the floor without fear. Don't be left off this year's team because you lack ball control or back-row skills! This camp is 2 sessions (9-12noon) and (1-4pm). Lunch provided.

▶ 1-DAY ATTACKING CLINIC

July 17

Commuter \$95

This 1 day camp will cover all you need to know to become a dominant attacker at any level. Campers at this clinic can expect to attack and ONLY attack! If you're an outside, middle blocker, or right side, this camp is perfect for you and your development as a powerful, high flying attacker. Campers will learn proper arm swing techniques, 2-step, 3-step, and 4-step approaches from the left, right, and middle. Learn to see the block as you jump and decide to attack down the line, angle, or seam. You'll not only begin to hit harder, but SMARTER. You'll dig this clinic when you realize other teams can't dig you! This camp is 2 sessions (9-12 noon) and (1-4pm). Lunch provided.

▶ SETTER CAMP

July 18

Commuter \$95

Campers will improve their footwork, touch, power, and strategy through many technical drills they can practice long after their camp experience is finished. Whether you're a beginning setter who has never played, a freshman starter, or a highly recruited varsity star, you will benefit from this unique camp designed specifically with the setter in mind. This camp is 2 sessions (9 a.m.-noon and 1-4 p.m.) with lunch provided between the sessions.

▶ ALL-SKILLS OVERNIGHT CAMP

July 20-22

Resident \$300 / Commuter \$250 (Residents must be 12 years old)

This camp is designed for the player that wants to improve all of their skills (passing, setting, defense, serving, blocking, and attacking) through fast paced training and game-like drills. Open to 6-12+ graders and grouped according to age and skill level, the goal is to meet the needs of each individual camper. Campers will be exposed to team systems that will help prepare them for scholastic, recreational, club, and college programs.

▶ TRAINING TEAM CAMP

July 23-25

Resident \$300 / Commuter \$260

Please check with your HS Coach to ensure that they have reserved a spot for your team through the MSU Volleyball Office before enrolling.. Designed for teams to grow and improve during the summer months, the Training Team Camp is recommended for teams who want to improve individual player skills as well as develop team play. Skills will be broken down and addressed individually by coaches using the same techniques, methods, and drills that Michigan State trains each and every day to compete in the Big Ten Conference. Each team should have a minimum of 10 players and one coach. MSU provides fees, room and board for one coach per team of 10 players. Coaches should collect their team's forms and send them in all together with payment. Additional coaches can be housed for a fee.

▶ COMPETITIVE TEAM CAMP

July 27-30

Resident \$325 / Commuter \$275

Please check with your HS Coach to ensure that they have reserved a spot for your team through the MSU Volleyball Office before enrolling. Designed to allow teams to grow and improve through match experience. Campers can expect to play in 20+ competitions during camp against many different high school teams from Michigan and surrounding states. Teams will compete against other teams of equal talent level and will be challenged throughout the entire 4 day camp. Individual skill sessions, coached by MSU coaches and players, will be held to help fine-tune setting, attacking, and defensive skills. Each team should have a minimum of 10 players and one coach. MSU provides fees, room and board for one coach per team of 10 players. Coaches should collect their team's forms and send them in all together with payment. Additional coaches can be housed for a fee.

Letter from Coach George

Whether you are a player learning the game of volleyball or a varsity star, we are looking forward to helping you elevate your game to the next level. Our camp offers the opportunity for young players to learn the game, practice their skills, and have fun at the same time. I am excited to see you in 2009!

Cathy George, Head Volleyball Coach



Cathy George Spartan Volleyball Camp!

In addition to Coach George and the Spartan coaching staff, campers will learn from top high school, club and college coaches, as well as current and former Spartan players.

Equipment

All campers should bring a good pair of athletic shoes, kneepads, and water bottle. Resident campers need to bring towels, pillow, fan, alarm clock and spending money. All campers will receive a camp T-shirt.

Meals

Resident costs include all meals and commuters will receive lunch and dinner. One day campers will receive lunch only.

Check-In/Check-Out

Campers will be mailed instructions, maps, as well as MSU Residence Hall policies. Check-in for all campers will be held at Munn Ice Arena.

Roommate Requests

To aid us with your roommate and suitemate preferences, please submit your written applications in the same envelope or submit online applications on the same day. All requests for suitemates and roommate preferences must be confirmed by email 30 days prior to camp start date at msucamps@msu.edu. ROOMMATES MAY OR MAY NOT BE TEAMED TOGETHER FOR ALL-SKILLS CAMP.

Medical Policy

Each participant should have his or her own medical insurance. A student trainer will always be available. Participants are automatically enrolled in MSU's accident insurance plan. Eligible covered expenses will be paid only if they are in excess of other valid and collectible insurance. No physicals are required.

Contact Information

Sports specific questions contact:

Volleyball office - 517.353.1756

Volleyball camp information and schedules can be found at www.sportcamps.msu.edu.

Registration Information

Register online at www.sportcamps.msu.edu or complete the attached application.

Full payment by either check, MasterCard or VISA must accompany the application. Make checks payable to MSU. No applications will be accepted before February 1st. You will receive confirmation of receipt of enrollment by mail within 12-15 business days.

Walk-In Registration Policy

Camps were SOLD OUT last year so we suggest that you pre-register. Walk-in registration (signing up on the day camp begins) will be accepted on a space available, first come, first served basis. An additional \$10.00 fee will be charged for walk-in registrations. Please note that walk-ins are not guaranteed admission once a camp is full. **Cash payment only. No checks or credit cards.**

Refund Policy

Campers unable to attend camp are entitled to a refund. A \$55 administrative fee will be deducted from all refunds, regardless of the reason. Refund requests must be submitted in writing PRIOR to the first day of the camp session in which the camper was originally enrolled. No refunds for any reason (i.e. injury, illness) will be given once a camper is on campus. fax: (517) 355-6891; email: msucamps@msu.edu.

Transportation/Arrival and Departures

Transportation to and from the Lansing airport East Lansing bus or train station can be provided for an additional \$30.00. For more information, please contact (517) 353-1756.

MSU Sport Camp Policy

Persons enrolled in MSU Sport Camps will be required to attend all sessions and to comply with the rules and regulations of MSU governing the conduct of all students on the campus.



Cathy George
Head Volleyball Coach



Russ Carney
Associate Head Coach



Mike Gawlik
Assistant Volleyball Coach

The MSU Volleyball Staff will be in attendance to provide personal instruction and lead camp demonstrations. As well as:

- Current Spartan Volleyball Players
- Former Spartan Volleyball Players
- College coaches from various schools
- Top club and high school coaches from the Midwest and around the country

TO HELP MAINTAIN THE HIGHEST LEVELS OF SAFETY, SECURITY, AND SUPERVISION...

MSU VOLLEYBALL CAMP will have a Counselor Assistant (CA) in the dorms during camp.

We will provide two coaches per court to provide more feedback, keep more kids participating at one time, and to provide a better overall camp experience.

- Camper to coach ratio will be at its maximum 9:1.
- We will continue to feature 8 players per team. This will better facilitate and maintain the separation into two competitive teams for tournament play.

“2007 SWEET SIXTEEN”

REGISTER ONLINE AT WWW.SPORTCAMPS.MSU.EDU

Spartan Volleyball Camp Application

REGISTER AT WWW.SPORTCAMPS.MSU.EDU

PLEASE PRINT INFORMATION BELOW OR ENROLL ONLINE

Name: _____

Address: _____

City: _____ State: _____ Zip: _____

E-mail: _____

Parent or Guardian: _____

Daytime Telephone: (_____) _____

Evening Telephone: (_____) _____

High School Team: _____

Grade next September: _____

Sex: _____ Date of Birth: _____ Ht: _____ Wt: _____

Roommate preference: _____

Suitemate preference _____ Suitemate preference _____

(A SUITE IS TWO ROOMS WITH CONNECTING BATH)

Adult Shirt Size: Small Medium Large X-Large

Please enroll me in the following Volleyball camp:

Camp Date	Resident	Commuter
JULY 16 (Ball Control Clinic)	----	<input type="checkbox"/> \$95.00
JULY 17 (Attacking Clinic)	----	<input type="checkbox"/> \$95.00
JULY 18 (Setter Camp)	----	<input type="checkbox"/> \$95.00
JULY 20-22 (All Skills)	<input type="checkbox"/> \$300.00	<input type="checkbox"/> \$250.00
JULY 23-25 (Training Team)	<input type="checkbox"/> \$300.00	<input type="checkbox"/> \$260.00
JULY 27-30 (Competitive Team)	<input type="checkbox"/> \$325.00	<input type="checkbox"/> \$275.00

U.S. FUNDS ONLY.

Please make checks payable to

MICHIGAN STATE UNIVERSITY

Card Number _____

3 digit code _____ Exp. Date _____

Signature _____

Amount of Check/Charge enclosed _____

Medical Treatment Authorization Form

Participant's Name _____ DOB ____/____/____

What Sport: _____ Volleyball _____

Date of Camp: _____

Participants are automatically enrolled in MSU's accident insurance plan. Eligible covered expenses will be paid only if they are in excess of other valid and collectible insurance.

1. List any medical conditions that camp personnel should be aware of (use additional pages if necessary): _____

2. List any medications currently taking: _____

3. List any allergies: _____

In case of emergency please contact:

Name _____

Daytime Telephone _____ Evening Telephone _____

Name of Medical Insurance _____ Company Telephone _____

Insurance Policy Numbers _____

_____, as parent or legal guardian of the participant named above, authorizes MSU to seek medical and/or surgical treatment which is reasonably necessary to care for the participant. I further authorize the medical facility that treats the participant to release all information needed to complete insurance claims. I acknowledge my responsibility to pay all costs associated with the participant's medical care and authorize all insurance payments, if any, to be made directly to the medical facility.

Signature (Parent or Guardian) _____ Date _____

Send Application and Medical Treatment Form with payment in full to:

MICHIGAN STATE UNIVERSITY
Sports Camp Office
402 Jenison Field House
East Lansing, MI 48824-1025
Fax: 1-517-355-6891