

United States Volleyball

Summer Camps - 2004

Iowa, Great Plains and Heart of America Regions

Sponsored as a national development program designed to raise the standard of volleyball by presenting the latest in coaching and playing techniques.

Location

Graceland University, Lamoni, IA (two hours North of Kansas City, MO, one hour South of Des Moines, IA).

Outstanding Facilities

The site provides modern, multi-court athletic facilities. Dormitory housing is assigned to all who choose to be residents. Roommate choices will be made during check in.

Coaching

An exciting staff of proven coaches headed by figures with national and international experience. Coaches have included NCAA and open All-Americans, USA and foreign national team members, major college coaches and visiting international coaches. This is why these camps are different; we commit ourselves to excellence in coaching.

Courts and Equipment

- _ All play on inside courts.
- _ Coach-player ratio: 1-12 maximum.
- _ Player-court ratio: 1-12 maximum.
- _ Only Tachikara SV5W Gold balls are used, 15 per court.

Full Time Athletic Trainers

Athletic trainers serve each camp through preventive taping, rehabilitation and immediate attention to any injuries or emergencies that might occur.

Body Composition Analysis

The camp offers the option of scientific body analysis. Each camper who wishes, will be provided information such as: lean body weight, percent of body fat, target weight and basal metabolism.

Individual Feedback Video

Each individual camp participant will receive a complimentary feedback video tape. The tape will include live footage of camp staff demonstrating each technical skill. Each skill section in turn will be followed by your own repetitions of the same skill with recorded comments and feedback from your group training coach. The tape will be ready for you at the end of camp.

Free Camp Shirt

All participants will receive a free camp T-shirt as a souvenir of camp.

High School Association Sanction

State associations have been contacted and sanctions have been obtained for the camp from those Midwest states where required. If you have any concerns about eligibility or your state rules, contact Stew McDole directly. Illinois and Missouri players should note that your state regulations prohibit participation in a camp after July 31.

Volleyballs

New Tachikara SV5W Gold balls are used in camp. They are available for purchase after camp and throughout the year. These balls will have had only four days use. Simply contact Stew or Patty McDole directly to place an order.

Hi Performance Camp

In cooperation with USA Volleyball, the Heart of America Region and the Iowa Region, we will offer two Hi Performance camps. One for 20 girls age 14 and under and a second camp for 20 girls age 15 and under on a tryout basis only. Tryout opportunities will be held on May 22 & 23, June 19 & 20, and July 2 & 3 at Graceland in Lamoni, IA. Each will run from 1-4 PM.

Additional tryouts will be held July 10 & 11 at Avila University in Kansas City, MO. Avila tryouts will run from 3-6 PM. Please contact us for information and to reserve a tryout spot.

All Skills Camps

A unique development experience appropriate for players at any skill level. For the beginning or highly advanced player, this camp emphasizes all skills equally.

Specialist Camps

This camp is an experience for players who want intense specialization as a: 1) Setter, 2) Attacker or 3) Platform Specialist (DS or Libero). The camp will assume a basic mastery of individual skills and concentrate on the unique requirements of the one position chosen. About 30% of camp time is spent in broad skills and **70% in specialty skills** with other quality players. Two qualifications must be met by each camper:

- 1) Must have two years in a camp.
- 2) Must have your coach's recommendation. (School or Club)

Schedule

Check-in for each camp is at 9:00 AM on day one. Court training times normally run 8:30-11:30 a.m., 1:30-4:00 p.m., and 7:00-9:00 p.m. daily. Several evening recreation events are also part of camp. Check-out for Specialist and All-Skills Camps is at 3:00 p.m. Check-out for the High Performance camp is noon.

#1 Specialist Camp

June 30 - July 3 Graceland University, Lamoni, IA

#2 All Skills Camp

July 5-8 Graceland University, Lamoni, IA

#3 Specialist Camp

July 12-15 Graceland University, Lamoni, IA

#4 USA Volleyball Hi Performance Camp - 14 & Under Girls - 15 & Under Girls

July 19-22 Graceland University, Lamoni, IA

#5 All Skills Camp

August 2-5 Graceland University, Lamoni, IA

Fees

- _ Basic Player Rate: \$300 (Instruction, insurance, but no meals or housing)
- _ Hi-Performance Player Rate: \$340
- _ Resident Charge: \$110 (Room and meals)
- _ An initial reservation fee of \$100 is required to hold a spot in camp. The balance is to be paid at camp check-in. Cancellations will be fully refunded with a 10 day notice - after that a \$25 handling fee will be retained.

Group Discounts for All Skills and Specialist Camps

Group discounts are available. For groups of six or more players, each person saves \$15 from the fee. For groups of 12 or more players, each person saves \$35.

USA Volleyball Regional - Membership Discount

Simply supply your USA Volleyball Region membership number when you send your All Skills or Specialist Camp registration form and receive a \$10.00 discount.

Pre-Camp Notes

- _ All confirmed registrants will receive a packet of informational materials.
- _ Physical preparation prior to the camp will help to maximize training benefits.
- _ Each camper will be asked to provide a medical history. (Doctor's physical is not required.)
- _ Roommate choices are made during check-in.

Name		Address			OFFICE USE
City	State	Zip	Sex	Age	Check #
Phone ()		High School		Next Year in school	Gross Amount Due:
Parents names:		Please enroll me in Camp # _____		T-Shirt Size	Discount: Group (6) _____ Group (12) _____ USAV _____
Basic Rate - Choose one: ___ Specialist Camp (Hitter___ Setter___ DS___) \$300.00 ___ All Skills Player Camp \$300.00 ___ USA Hi Performance Camp (14's___ 15''s___) \$340.00					Net Amount Due:
Room and Board – Choose one: ___ Resident \$110.00 ___ Commuter -0- ___ Resident Team Camp \$ 35.00					Minimum Deposit:
Group Size ___ Group Discount (if applies) \$ _____ USA Volleyball Membership # _____ \$ _____ Total Due: \$ _____					Amount Paid:
					Balance Due at Camp Check-in:

Contact Information:**Stew or Patty McDole****PO Box 67****Lamoni, Iowa 50140****641-784-6432 (Home and Camp)****641-784-5315 (Office)****mcdoles@graceland.edu (E-mail)****Make checks payable to: USAV Camp**