

CAMP DIRECTOR AND STAFF

The camp director for the Bulldog Volleyball Camp is Drake University Head Volleyball Coach Amy Farber Knowles. Coach Knowles has 17 years of playing & coaching experience at the Division I level. Other members of the camp staff will include Assistant Bulldog Coaches Kerry Will and Tony Sunga; Bulldog players; as well as the top high school and college coaches in the area.

CAMP PHILOSOPHY

Camp is designed to develop sound fundamental skills that will enable players to have success in their volleyball careers. A concentration on teaching the correct fundamental techniques of passing, serving, hitting, setting, blocking, and digging, as well as advanced techniques in accordance with skill level. Since each camper will vary in skill level, it is very important to us that the individual progresses through our camps at the proper levels. At each camp we will group players to provide challenges for every level of play. It is also important to the camp staff that we get to know our campers & have as much fun as possible while working hard & assisting them to reach their goals.

IMPORTANT CAMP INFORMATION

- You will receive a letter confirming your camp registration in the mail or via email.
- Registration must include at least the non-refundable deposit of \$25 for each camp to hold your spot in that camp. Remaining fees are due the day of camp. On-site registration will be allowed with an additional fee of \$10 to the cost of camp.
- Refunds will ONLY be given when we receive a notice from a doctor stating that the athlete is physically unable to participate in the camp. If this occurs, the \$25 deposit is not included in your refund.
- Send a copy of the front and back of your current insurance card along with the Camp Registration & signed Parents Release and Medical Emergency Information.
- All 2006 camps are commuter/day camps.
- If housing is needed to attend, special arrangements for housing may be made with additional fees. If you need information please contact Coach Will at her email address of kerry.will@drake.edu or by phone at 515-271-3845.
- All campers attending a Fundamental Skills Camp will receive a camp ball at our first home match of the season on Sept 8th at 7:00 pm in the Knapp Center. All campers will receive a t-shirt for each camp attending.
- For families with more than one child registered for a camp, after the initial full paid registration, you will receive a \$10 discount per additional child registered for that same camp.
- Lunch will be provided at all camps this summer except for the youth camp.

CAMPS

JR & SR HIGH SCHOOL ~ FUNDAMENTAL SKILLS CAMP

For girls/boys entering grades 7th – 12th
July 10th – 12th ~ (9 am – 4 pm)
Registration Deadline – July 3rd
Cost - \$175

SETTER OR HITTER SPECIALTY CAMP 1

For girls/boys entering grades 7th – 12th
July 13th & 14th ~ (9 am – 4 pm)
Registration Deadline – July 5th
Cost - \$125

Please circle area of concentration on registration form

SETTER OR HITTER SPECIALTY CAMP 2

For girls/boys entering grades 7th – 12th
July 17th & 18th ~ (9 am – 4 pm)
Registration Deadline – July 10th
Cost - \$125

Please circle area of concentration on registration form

BLOCKING OR LIBERO SPECIALTY CAMP

For girls/boys entering grades 7th – 12th
July 19th ~ (9 am – 4 pm)
Registration Deadline – July 10th
Cost - \$75

Please circle area of concentration on registration form

YOUTH FUNDAMENTAL SKILLS CAMP

For girls/boys entering grades 3rd – 6th
July 20th & 21st ~ (9 am – Noon)
Registration Deadline – July 12th
Cost - \$75

TEAM CAMP

For High School Varsity and Jr. Varsity teams
July 22nd & 23rd ~ (9 am - 4 pm)
Registration Deadline – July 14th
Please register through your high school coach.
*High School Coaches please contact us for information
Cost - \$75 per camper – minimum of 8 per team.

***On site registration is available for an additional charge of \$10 per camp.

For more information about camp, visit our web site at: www.drakebulldogs.org/volleyball/VBCamp.pdf. For all questions, contact Coach Will at: kerry.will@drake.edu or call our office at 515-271-3845.

CAMP REGISTRATION FORM

Mail registration form, insurance, deposit, and your signed release and medical emergency form to:

AFK ~ Bulldog Volleyball Camps
Drake University ~ Fieldhouse
2507 University Ave.
Des Moines, IA 50311

MAKE CHECKS PAYABLE TO: AFK ~ BULLDOG VOLLEYBALL CAMPS

Name: _____

Address: _____

City, State, Zip: _____

Email address: _____

Cell Phone: _____

Home Phone: _____

Grade Entering: _____

FOR HIGH SCHOOL PLAYERS ONLY:

School Team: _____

School Coach: _____

School Coach Phone Number: _____

T-SHIRT SIZE

Adult S ____ M ____ L ____ XL ____ Youth L ____

CHECK CAMP(S) ATTENDING

_____ Fundamental Skills Camp; July 10-12 ~ \$175

_____ Setter/Hitter Specialty Camp 1; July 13-14 ~ \$125

Please circle area of concentration

_____ Setter/Hitter Specialty Camp 2; July 17-18 ~ \$125

Please circle area of concentration

_____ Blocking/Libero Specialty Camp; July 19 ~ \$75

Please circle area of concentration

_____ Youth Fundamental Skills Camp; July 20-21 ~ \$75

_____ Team Camp; July 22-23 ~ \$75/per camper ***

Total Owed

Total Amount/Deposit Enclosed

(Deposit of \$25 per camp is required to hold your spot)

*** (Please register with HS Coach)

There will be a \$25 service charge on all returned checks.

PARENTS RELEASE AND INDEMNITY CONTRACT

Permission is hereby granted to the camp staff to act on my behalf for the said camper in granting permission for evaluation & treatment of minor medical problems. I understand that should a major medical problem arise, an attempt will be made to notify me by telephone. In the event I cannot be reached, I hereby give consent to such medical treatment deemed necessary by a licensed physician. Permission is also granted to the athletic trainer to provide the necessary emergency treatment prior to the camper's admission to medical facilities. I hereby release all employees associated with the AFK ~ Bulldog Volleyball Camp Staff from all claims of any injuries, which may be sustained, by my daughter or son while attending the volleyball camp. We (I) also agree to indemnify the AFK ~ Bulldog Volleyball Camp Staff of any claims, which may hereafter be presented by our (my) daughter or son as a result of any such injuries.

I also grant permission for any camp photographs or camp evaluations to be used by the AFK ~ Bulldog Volleyball Camp for future volleyball camp promotions.

PARENT/GUARDIAN SIGNATURE & DATE

MEDICAL EMERGENCY INFORMATION

Parent (Guardian) _____
Phone # _____
Emergency Contact _____
Phone # _____
Physician _____
Phone # _____
Hospital Preference _____

In an emergency, we will attempt to contact the parent listed. If unavailable, the emergency contact will be called.
Please list any medications your child is taking and/or other concerns our staff should know about.

INSURANCE INFORMATION

Please include a current copy of the front and back of your insurance card if we do not have a current one on file.

Please check if your current insurance is on file from previous camps.

ADMINISTRATIVE USE ONLY

Paid: \$	Check #:	Med Release:	Insurance:	Complete:
		Signed	Attached	Yes
		Not Signed	On File	Owes

**AFK ~ Bulldog Volleyball Camps
Drake University ~ Field house
2507 University Ave.
Des Moines, IA 50311**

2006

AMY FARBER KNOWLES

BULLDOG VOLLEYBALL CAMPS



**JR & SR HIGH SKILLS CAMP ~ JULY 10-12
SETTER/HITTER CAMP 1 ~ JULY 13-14
SETTER/HITTER CAMP 2 ~ JULY 17-18
BLOCKING/LIBERO CAMP ~ JULY 19
YOUTH SKILLS CAMP ~ JULY 20-21
TEAM CAMP ~ JULY 22-23**

CAMP DESCRIPTIONS

SKILLS CAMPS

FUNDAMENTAL SKILLS CAMPS

Our Fundamental Skills camps are designed to teach our campers the correct fundamentals on all of the skills performed in the sport of volleyball. Depending on the experience and level of each camper will determine how advanced the instruction may be.

- Passing, serving, setting, hitting, digging and blocking skills will be taught to our campers

Depending on the current level of the camper, they may learn

- Multiple offenses/attacks
- Various defenses
- Advanced techniques for players with advanced skills
- Competitive games & matches against players of similar skill level

YOUTH FUNDAMENTAL CAMPS

Emphasizes “fun”amentals & techniques used to play volleyball along with drills & games. We are very specific in the teaching application of the skills and break down each skill into small components to further advance the learning and retention process. This is the most crucial time for your child to learn the proper mechanics of each skill.

SPECIALTY CAMPS

These camps are designed to specialize in a certain area of concentration. Whether you focus on setting or hitting, blocking or defense; we want you to go away from camp with the tools to achieve greater success in your chosen area. The specific skill training can help take your game to the next level.

SETTING CAMPS

- Instruction on the fundamentals of setting
- Various individual skill work on proper footwork, hand positioning, & movements involved in setting

- Drills & instruction (based on skill level) on the various steps & methods on running a multiple - offense
- Setting to hitters using a variety of sets (quick, slides, tandems, & X's)
- Attacking
- Setter defense

HITTING CAMPS

- Instruction on the fundamentals of the approach (footwork), take-off, arm-swing, and landing.
- Complete break down of the arm swing. Our goal is to teach the proper mechanics to prevent shoulder injuries and to aid in their ability to be a great and affective attacker.
- Drills & instruction to develop various shots - line, crosscourt, cut, roll and tip.
- Instruction for advanced players on Tempo 1, 2, & 3 sets, combination, swing, & slide attacks
- When and where to use various shots/attacks
- Learn how to attack out-of-system balls

BLOCKING ~ LIBERO CAMP

This camp is designed to develop the defensive aspects of a player's game. Whether you are a 6'0" middle who rarely plays the back row or a 5'0" player who only sees action in the back row, this camp is for you. Defense is a critical part of the sport of volleyball. Not as much emphasis seems to be placed on a player's game defensively. Our goal is to develop your defensive game to match your offensive game. Along with that as a Libero, comes your need to be able to pass consistently enough to be on the court full time. So instruction on serve and serve receive will also be emphasized.

- Instruction on blocking with emphasis in the areas of footwork, hand position, and body posture.
- Methods to improve footwork, hand positioning, digging techniques, etc.
- Instruction on floor moves and recovery moves for Libero's
- Emphasis on primary passing ~ serve receive as well.

TEAM CAMP

TEAM CAMP

Our team camp is designed to give you an opportunity to compete against some of the state's top competition while working out some of the “kinks” before your season starts. Athletes, please register through your high school coaches. High School coaches, please fill out the “**TEAM ROSTER AND PAYMENT FORM**” and collect all of your team's registration forms; signed medical releases, copy of insurance cards, payments and mail all together. You are required to have a minimum of 8 players on your team. This two-day camp will be competitive and allow you to create excitement about getting back into the swing of things this fall. We look forward to seeing you all here at team camp and getting to know you coaches better.

For more information on any of our camps, please contact us at kerry.will@drake.edu or call us at 515-271-3845.