

Be a part of the growing tradition at UW-L

Camp Features

- All Skills and Advanced session campers receive a UW-L volleyball, group photos and certificates, and strength training instruction and manuals.
- All other campers receive a camp t-shirt.
- Player grouping according to age and ability for training, drills, practice and competition.
- An emphasis on fundamental skills training and practice. Participation in strategies for team offensive and defensive systems. Quad and team competition.
- Certified Athletic Trainer on site for all sessions.
- Camp store: UW-L volleyball clothing, water and juices for purchase. Pizza available at a reasonable price.

UW-L Volleyball Camps are open to young women entering grades 6 through incoming college freshmen. Check information on each camp for specific age information.



Residence Hall

Campers who choose to stay in a university residence hall will need to bring all personal items, including towels and blankets. Residence halls feature room refrigerators, lounges with big screen televisions, and game rooms. All residence halls are staffed by camp coaches and resident assistants trained as counselors and information specialists.

Extra Housing

Campers needing to stay in the Residence Hall between scheduled camp sessions should check the appropriate dates on the registration form and remit \$25 per extra night stay. No meals or supervision are provided when camp is not in session.

Meal Plan

All Skills Camp/Advanced Camp: Resident campers receive three meals a day beginning with dinner on day one and ending with breakfast on the last day of camp. Commuter campers receive lunch and dinner beginning with dinner on day one and ending with dinner on the last full day. Hitter/Setter Camp resident campers receive two meals. Team Camp residents receive dinner on Day 1, three meals on Day 2, and breakfast Day 3; commuters receive dinner on Day 1, and lunch and dinner on Day 2.

No meals are included for *Hitter/Setter* commuter campers, *Defense to Offense* campers, *Pass/Serve* campers, and *Kids* campers.

Registration and Tuition

To reserve your place in camp please complete the attached registration blank and return it along with the appropriate deposit or full payment. You can also register online at www.uwlcamps.com. Tuition is listed in each of the camp descriptions. A \$50 non-refundable deposit must accompany the registration form. The balance is due upon arrival. Full payment is required for Pass/Serve Camp, Hitter/Setter Camps, Defense to Offense Camp, Kids Camp, and Team Camp. No refunds for Team Camp will be granted after two weeks prior to the camp. Refunds for other camps will only be granted due to injury and require a doctors excuse. Registrations are accepted until the camps are filled. If registering within **one week** of scheduled session, please call ahead to confirm and assure availability. Make checks payable to UW-La Crosse.

Confirmation

Please provide both a postal address and email address where registration confirmation and further information can be sent. Further information will be sent through the mail in early June.

Insurance

All camp participants are encouraged to have their own health insurance. Limited accident insurance is provided by UW-L. UW-L is not liable for medical costs incurred that are not covered by this insurance policy.

Participants may register for one or more of the camps by filling in the appropriate blanks on the registration form.

For more information, to contact the camps office or to register online, visit our website at:

www.uwlcamps.com

OR call the camps office at 608-785-6544

Camp Staff

Sheila Perkins, UW-L Head Volleyball Coach and ESS faculty member serves as director and head instructor for all UW-L Volleyball Camps. Perkins is entering her 16th year as head coach and camp director at UW-L. She has compiled a 374-179 record at UW-L and has 543 career wins. Coach Perkins has coaching and teaching experience at all levels, from elementary school to NCAA Division II. During the course of 33 years of experience, she has coached numerous student athletes to All-Conference, All-Region, and All-Scholar Athlete status, as well as two NAIA All-American's and eight NCAA Division III All-American's. Her 2008 team finished as a semi-finalist in the NCAA Central Region tournament and third in the Wisconsin Intercollegiate Athletic Conference. The Eagles posted an overall record of 28-12, including 6-2 in the WIAC. UW-L posted more than 20 wins for the 14th straight season in 2008 and placed four individuals on All-Conference teams, two on the All-Midwest Region team, and two were named to All-American teams. Her teams have been in the NCAA post-season four of the last six seasons, and the 2003 and 2004 teams finished in the top eight. The Eagles under Perkins have also excelled academically earning the AVCA All-Academic Team Award eight straight seasons. Perkins was named the 2003 WIAC and Midwest Region Coach of the Year and surpassed the 500 collegiate career win mark during the 2008 season.

Terry Funderburk, UW-L Volleyball Camps co-director, has been a part of UW-L volleyball camps for 20-plus years. Funderburk has head coaching experience at a variety of levels including high school boys and girls, professional and many USAV club teams throughout his career. He has built successful programs at Dubuque Wahlert, East Union High School in Iowa and Pattonville High School in Missouri. Funderburk's teams have been consistently competitive at the conference and district levels as evidenced by his 616 wins. His '03 Pattonville team finished the season as conference and district champs, and in the top eight in the state. Funderburk is currently coaching USAV girls club volleyball in St. Louis, MO.

A top-flight coaching staff including successful Wisconsin, Minnesota, Ohio and Missouri high school coaches and exceptional college student-athletes will also serve as camp staff.

Registration form. Please type or print clearly.

UW-LA CROSSE VOLLEYBALL CAMPS 2010

Name	Birthdate		
Address			
City	State	Zip	
Parent/Guardian	Phone		
E-mail			
School	Position	Height	
Grade in Fall 2010	Adult t-shirt Size: S M L XL		
Roommate Preference	(resident campers only)		

I will be attending:

- Hitter Camp/Setter Camp I: July 10
Commuter \$150
Check level: Basic Advanced
Check position: Hitter Setter
- Pass & Serve Camp: July 11
Commuter \$60
- All Skills Camp: July 11-14
Resident \$355 Commuter \$315
- Defense to Offense Camp: July 16
Check position: OH RS MH S
Commuter \$95
- Hitter Camp/Setter Camp II: July 16-17
Resident \$180 Commuter \$150
Check level: Basic Advanced
Check position: Hitter Setter
- Advanced Camp: July 18-21
Resident \$355 Commuter \$315
- Team Camp: July 22-24
Resident \$225 Commuter \$205
Check level: Varsity JV
- Kids Camp: July 19-21
Commuter \$75
- Extra Housing: \$25 /night (check all that apply)
 July 10 July 17 July 21

Amount enclosed \$ _____

(\$50 **Non-Refundable** deposit required for All Skills Camp/Advanced camp; balance due upon arrival at camp. **Full payment required** for all other camps.)
Make checks payable to UW-La Crosse and mail this form with payment to:

UW-La Crosse Athletic Camps Office
25 Mitchell Hall
La Crosse, WI 54601

Or register online at: www.uwlcamps.com
Online registration is made possible by My Online Camp. Online service charges apply and are not refundable by UW-La Crosse.



UW-L Athletic Camps Office
25 Mitchell Hall
1725 State Street
La Crosse, WI 54601

UW-LA CROSSE VOLLEYBALL CAMPS 2010

UW-La Crosse is an affirmative action/equal opportunity employer and is in compliance with Title IX and Section 504. Advise us at time of registration if you desire special accommodations. Requests will be kept confidential. This publication was not produced at taxpayer expense.

University of Wisconsin-La Crosse VOLLEYBALL CAMPS 2010



www.uwlcamps.com



Hitter Camp/Setter Camp I: July 10

Pass & Serve Camp: July 11

All Skills Camp: July 11-14

Defense to Offense Camp: July 16

Hitter Camp/Setter Camp II: July 16-17

Advanced Player Camp: July 18-21

Kids Camp: July 19-21

Team Camp & Jamboree: July 22-24

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UW-LA CROSSE VOLLEYBALL CAMPS 2010

All Skills Camp

For the beginning and intermediate player, this camp allows players to practice and improve on all basic skills: the serve, pass, set, attack, dig, and block. Daily sessions focus on all basic skills, offensive and defensive drills, and an introduction to innovative techniques. Team competition, round-robin tournament play every evening. Instruction in strength training and plyometrics. Individual instruction available. Plenty of time to socialize with new friends.

July 11-14 — open to girls entering grades 6-12

Resident Tuition: \$355; Commuter Tuition: \$315

Advanced Camp

An advanced challenge for players entering their junior or senior year in high school and graduating seniors. Freshman and sophomore players who wish to attend MUST submit a letter from their coach certifying their ability to compete at this level. Instruction will be aimed at fine tuning all basic skills, introduction of advanced skills, tactics, techniques, position specific training and team competition daily. Coach/camper ratio: 1-8. Enrollment is limited to the first 60 registrants.

Advanced Player Camp: July 18-21

Resident Tuition: \$355; Commuter Tuition: \$315

Hitter Camp/Setter Camp

Basic Hitter/Setter Camp: Open to girls entering grades 6-10

Hitters will concentrate on the mechanics of the attack, learn and practice the movements and skills of attacking, and work on techniques and tactics needed to score. Setters will focus on the basics of setting, delivering a consistent set necessary to be a competitive setter.

Advanced Hitter/Setter Camp: Open to girls entering grades 11-13

Hitters will review and practice the mechanics of the attack, learn and practice footwork patterns needed in transitioning from defense to offense, and develop a variety of offensive shots. Techniques and tactics needed to recognize situations and be able to score from anywhere on the court will be practiced. Setters will review the mechanics and techniques of delivering a consistent set to a variety of locations and practice the techniques and intelligences necessary to run an effective offense.

Please note: Enrollment is limited to 50 setters and 70 hitters per camp. Campers MUST choose one position per camp and register for the session that is appropriate for their skill level. Commuter campers receive instruction only with NO meals, no free time or evening supervision provided. Resident camp tuition includes one night of housing and two meals on day two of the camp.

Hitter/Setter Camp I: July 10 10 a.m.-9 p.m.

Commuter Tuition: \$150

Hitter/Setter II: July 16-17

Day 1: 6:30-9 p.m., Day 2: 9 a.m.-3:30 p.m.

Commuter Tuition: \$150; Resident Tuition: \$180

Pass/Serve Camp

For the serious Libero, Defensive Specialist and anyone who wants to improve the two most important skills of the game. A session of INTENSE defensive drilling and serving. Hundreds of ball contacts. NO housing or meals are included.

July 11: 10:30 a.m.-1 p.m. — open to girls entering grades 6-13

Commuter Tuition: \$60

Defense to Offense Camp

Popularly known as Position Camp, players in this camp will focus on the skills needed to be an effective defender and offensive player in a selected position. Players will practice the game-like skills of moving (transitioning) from a defensive skill to an offensive skill both at the net and in the back court. Lunch is not provided for this camp, you are welcome to bring your own lunch.

July 16: open to girls in grades 8-13

10:30 a.m.-12:30 p.m. & 2 p.m.-4 p.m.

Commuter Tuition: \$95

Team Camp & Jamboree

A combination of team instruction and competitive play in a camp setting. The goal of the camp is to aid in preparing teams for the upcoming season. Concentrating on team building, refreshing basic skills, the teaching of team skills as well as offensive and defensive systems of play. These skills will be enhanced through competition within a jamboree tournament format. Each team will be assigned a coach to train with during the entire camp. Coaches may use your contact days by being part of our staff and coaching your team. Contact Coach Perkins if you wish to do this.

- Each team must have a minimum of seven players.
- All team member registrations must be sent together in a single envelope.
- Separate division for JV and Varsity teams.

July 22-24

Day 1: 3:30-9 p.m., Day 2: 9 a.m.-9 p.m., Day 3: 9 a.m.- Noon

Resident Tuition: \$225 per player; Commuter Tuition: \$205 per player

Kids Camp

For the new player entering grades 3-6. Experience a new sport by learning the basic skills and strategies of the game of volleyball. Learn the fundamentals and play mini-games while having fun with friends and enthusiastic coaches.

July 19-21: 9-11:45 a.m. — open to girls entering grades 3-6

Commuter Tuition: \$75

Check-in & Check-out Times

Hitter/Setter I

Check-in: July 10, 9-10 a.m. Check-out: July 10, 9 p.m.

Pass/Serve Camp

Check-in: July 11, 9:30-10:30 a.m. Check-out: July 11, 1 p.m.

All Skills Camp

Check-in: July 11, 2:30-3:30 p.m. Check-out: July 14, noon.

Defense to Offense Camp

Check-in: July 16, 9:30-10:30 a.m. Check out: July 16, 4 p.m.

Hitter/Setter II

Check-in: July 16, 5:15-6:15 p.m. Check-out: July 17, 3:30 p.m.

Advanced Player Camp

Check-in: July 18, 2:30-3:30 p.m. Check-out: July 21, noon.

Kids Camp

Check-in: July 19, 8:30-9 a.m. Check-out: July 21, noon.

Team Camp

Check-in: July 22: 2-3 p.m. Check-out: July 24, noon.