

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, strength training instruction and manuals, and indoor rock climbing one evening.
- All other campers receive a camp t-shirt.
- Player grouping according to age and ability for training, drill, practice and competition.
- An emphasis on fundamental skills training and practice. Participation in strategies for team offensive and defensive systems. Quad and team competition.
- Nightly indoor swimming.
- Camp store: UW-L volleyball clothing, water and juices for purchase. Pizza available at 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. UW-L furnishes two sheets and a pillowcase. 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 lunch the last day for All Skills camp and breakfast on the last day for Advanced Camp.

Commuter campers receive lunch and dinner beginning with dinner on day one and ending with lunch 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.

Defense Camp resident campers receive breakfast on Day 2.

No meals are included for Hitter/Setter commuter 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 Camp, Kids Camp, and Team Camp. No refunds for Team Camp will be granted after two weeks prior to the camp. Registrations are accepted until the camps are filled. If registering within **one week** of scheduled session, please call ahead to confirm and assure availability. Refunds for campers leaving camp early will only include the unused portion of meals and housing. Make checks payable to UW-La Crosse.

Confirmation

Please provide an 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 or to register online, visit our website at www.uwlcamps.com

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 in her 15th year as head coach and camp director at UW-L. She has compiled a 367-152 record at UW-L and has 536 career wins. Coach Perkins has coaching and teaching experience at all levels from elementary to NCAA Division II. During the course of 32 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 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 this 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 USA 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 the head coach for the Parkway West boys team and also the 16-1 TST club team in St. Charles, 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 2009

Name	Birthdate		
Address			
City	State	Zip	
Parent/Guardian	Phone		
E-mail			
School	Position	Height	
Grade in Fall 2009	Adult t-shirt Size: S M L XL		
Roommate Preference	(resident campers only)		

I will be attending:

- All Skills Camp: July 12-14
____ Resident \$295 ____ Commuter \$255
- Advanced Camp: July 19-22
____ Resident \$295 ____ Commuter \$255
- Hitter Camp/Setter Camp I: July 10-11
____ Resident \$140 ____ Commuter \$115
Check level: ____ Basic ____ Advanced
Check position: ____ Hitter ____ Setter
- Hitter Camp/Setter Camp II: July 16-17
____ Resident \$140 ____ Commuter \$115
Check level: ____ Basic ____ Advanced
Check position: ____ Hitter ____ Setter
- Pass & Serve Camp: July 10
____ Commuter \$55
- Defense Camp: July 15-16
Check position: ____ OH ____ RS ____ MH ____ S
____ Resident \$100 ____ Commuter \$85
- Team Camp: July 23-25
____ Resident \$215 ____ Commuter \$195
Check level: ____ Varsity ____ JV
- Kids Camp: July 20-22
____ Commuter \$75
- Extra Housing: \$25 /night (check all that apply)
____ July 11 ____ July 22

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 Camp Registry. 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

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UW-LA CROSSE VOLLEYBALL CAMPS 2009

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University of Wisconsin-La Crosse VOLLEYBALL CAMPS 2009

www.uwlcamps.com



2008 NCAA Central
Region Semi-Finalists

- Pass & Serve Camp
July 10
- Hitter Camp/Setter Camp I
July 10-11
- All Skills Camp
July 12-15
- Defense Camp
July 15-16
- Hitter Camp/Setter Camp II
July 16-17
- Advanced Player Camp
July 19-22
- Kids Camp
July 20-22
- Team Camp & Jamboree
July 23-25

UW-LA CROSSE VOLLEYBALL CAMPS 2009

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 12-15 — open to girls entering grades 6-12
Resident Tuition: \$295; Commuter Tuition: \$255

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 19-22
Resident Tuition: \$295; Commuter Tuition: \$255

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 20 setters and 40 hitters per camp on a first-come, first-served basis. 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 evening housing and two meals.

Hitter/Setter Camp I: July 10-11
Day 1: 6:30-9 p.m., Day 2: 9 a.m.-3:30 p.m.
Commuter Tuition: \$115; Resident Tuition: \$140

Hitter/Setter II: July 16-17
Day 1: 1-9 p.m., Day 2: 9-11:30 a.m.
Commuter Tuition: \$115; Resident Tuition: \$140

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 10: 1-4 p.m. — open to girls entering grades 6-13
Commuter Tuition: \$55

Defense Camp

This camp will focus on the skills needed to be an effective defender at the net and in the backcourt. An in depth study and practice of blocking and floor defense will be the forte' of this camp. Skills that will be practiced include blocking, passing, digging, rolls, and recovery within the structure of the defensive systems. Campers should be prepared to work on the mental side of playing defense.

July 15-16: open to girls in grades 8-13
Day 1: 7-9 p.m.; Day 2: 9-11 a.m.
Resident Tuition: \$100 Commuter Tuition: \$85

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 23-25
Day 1: 3:30-9 p.m., Day 2: 9 a.m.-9 p.m., Day 3: 9 a.m.- Noon
Resident Tuition: \$215 per player; Commuter Tuition: \$195 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 20-22: 9 a.m.-noon — open to girls entering grades 3-6
Commuter Tuition: \$75

Check-in & Check-out Times

Pass/Serve Camp
Check-in: July 10, noon-1 p.m. **Check-out:** July 10, 4 p.m.

Hitter/Setter I
Check-in: July 10, 5-6 p.m. **Check-out:** July 11, 4 p.m.

All Skills Camp
Check-in: July 12, 2-3:30 p.m. **Check-out:** July 15, 4-5 p.m.

Defense Camp
Check-in: July 15, 6-7 p.m. **Check out:** July 16, 11 a.m.

Hitter/Setter II
Check-in: July 16, noon-1 p.m. **Check-out:** July 17, 11:30 a.m.

Advanced Player Camp
Check-in: July 19, 2-3:30 p.m. **Check-out:** July 22, noon-1 p.m.

Kids Camp
Check-in: July 20, 8:30-9 a.m. **Check-out:** July 22, noon.

Team Camp
Check-in: July 23: 1:30-3 p.m. **Check-out:** July 25, noon- 1 p.m.