

## INDIVIDUAL SKILLS

The camps are designed to focus on the technical aspects of all the volleyball skills covered in each of the individual camps. Northwood University head volleyball coach, Tim Koth, will be conducting a series of four individual volleyball camps designed to meet the needs of any volleyball player regardless of their skill level. Each camp will stress the basic fundamentals of developing the necessary habits for successfully repeating the specific volleyball skills. All camps have a limited number of participants which allows for the maximum exposure and attention for each player. Effort and attitude are the foundation that will govern each of the sessions. The 2007 individual camps turned away campers, so get your deposit in soon!

**INDIVIDUAL SKILLS (GRADES 7-12)**

A three-day (eight session) camp geared to beginning/intermediate players focusing on the following skills:

1. Physical Training
2. Ball Control
3. Attacking
4. Defense
5. Serving
6. Serve Reception

**SETTER'S & HITTER'S SKILLS (GRADES 9-12)**

A three-day (eight session) camp for all skill levels focusing on the following skills:

1. Setting Mechanics
2. Ten Basic Footwork Patterns
3. Transition Drills
4. Jump Setting and Back Setting
5. Visual Awareness Drills
6. Leadership Skills
7. Offensive Systems  
(Each camper will receive a setter manual.)

1. Hitting Mechanics  
(footwork patterns, arm swing, and ball contact)
2. Transition Footwork Patterns  
(traditional and swing approaches)
3. Attacking Skills  
(line, cut shot, high hands, etc.)
4. Timing of Different Sets

**LIBERO SPECIALTY SKILLS (GRADES 9-12)**

A two-day (5 session) camp for all skill levels focusing on the following skills:

1. Ball control mechanics
2. Overhand and underhand skills including footwork
3. Serve reception mechanics
4. Defensive positioning
5. Serving mechanics

**CAMP ADMISSION**

Boys and girls entering the 7-12 grades in the fall of 2008 are eligible to enroll. Note the grade limitations for each camp. Complete the application form and return it with a check or money order in the amount of \$50.00. This will be your camp deposit, which is **NON REFUNDABLE**. The balance is due by June 30, 2008. FOR RESIDENT CAMPERS ONLY – we are offering a *\$10.00 discount* off the total price if you have paid your balance in full **BY JUNE 15**. (No exceptions will apply.) All cancellations must be received at least 30 days prior to the start of camp to be considered for a refund. Any last minute cancellations must be accompanied by a letter of explanation from your doctor. NO REFUND will be made on a camp deposit (\$50.00).

**INDIVIDUAL SKILLS CAMP****GRADES 7-12**

Friday-Sunday  
August 1-3, 2008

8 SESSIONS:

\$265 (resident)

\$215 (commuter)

**SETTER'S & HITTER'S CAMP****GRADES 9-12**

Tuesday-Thursday  
July 29-31, 2008

8 SESSIONS:

\$275 (resident)

\$225 (commuter)

**LIBERO SPECIALTY CAMP****GRADES 9-12**

Wednesday-Thursday  
July 30-31, 2008

5 SESSIONS :

\$185 (resident)

\$150 (commuter)

**CAMP FEATURES**

- Free camp T-shirt, water bottle, and lanyard for every camper!
- Outstanding coaching staff including Northwood University volleyball players and outstanding area high school and collegiate coaches and other collegiate players!
- Campers are tested and grouped by age and ability!
- Eight indoor courts
- All camp activities are within easy walking distance of the housing!
- Secluded camp setting on scenic campus!
- Excellent ratio of one coach for each nine campers!
- All of this for a great low price!



## HIGH SCHOOL TEAM CAMPS

**INSTRUCTIONAL TEAM CAMP**

**Wednesday-Friday July 23-25, 2008**

We will provide a coach and a collegiate player for each team. The high school coach need not be present for this camp. There will be progression from: 1. individual skills for all team members (with a special session for the setters); to 2. group work for each team, putting together the team offense, defense, serve reception, systems, etc., and 3. scrimmage situations to provide each team with the opportunity to put into practice what they have prepared during the camp.

THIS CAMP IS LIMITED TO ONLY 16 TEAMS.

**COMPETITION CAMP**

**Saturday, Sunday, Monday  
July 26-28, 2008**

This camp is about playing. It will be necessary for each team to have their own coach. We will provide the playing format and officials. The Northwood coaching staff and players will be prepared to assist all coaches with any aspect of their team performance. We keep score for each match only. Team wins/losses are not recorded for the camp. There will be seven sessions between 2.5 and 3 hours in length.

THIS CAMP IS LIMITED TO ONLY 30 TEAMS.

**COACH'S HOUSING AND MEALS:**

THE COACH OF EACH TEAM RECEIVES FREE HOUSING AND MEALS DURING THE CAMP.

EACH COACH AND PLAYER WILL RECEIVE  
A FREE CAMP T-SHIRT, WATER BOTTLE, AND LANYARD.

**PROCEDURE:**

Upon receipt of the \$250 deposit (deadline is June 30, 2008), Northwood University will send each coach a packet of information including directions, check-in and check-out times, a detailed camp itinerary, camp rules and regulations, team roster sheet, medical release forms, and a list of items each player needs to bring. All of this information is also available on our website at [www.northwood.edu](http://www.northwood.edu). The balance is due by July 15, 2008.

**WHAT TO BRING**

All residents need to bring the following:

- Volleyball shoes and kneepads
- Several sets of T-shirts, shorts, tank tops, socks, etc.
- Towels, personal toilet articles (toothbrush, soap, etc.)
- Bedding: Pillow, sheets (twin-size bed), blanket
- Swimsuit
- Notebook and pencil
- Money for camp store

**CAMP RULES AND REGULATIONS**

- All campers must abide by the Northwood University summer camp guidelines.
- All campers are required to attend all sessions and activities.
- Campers will not be allowed off campus unless supervised by the camp director.
- Any serious violation of camp rules and regulations will result in the immediate dismissal from the camp without refund.

**TEAM CAMP COST**

EACH TEAM MUST HAVE A MINIMUM OF EIGHT (8) PLAYERS.

INSTRUCTIONAL CAMP = Resident Campers' cost is \$235.00 per player and Commuter Campers' cost is \$180.00 per player.

COMPETITION CAMP = Resident Campers' cost is \$195.00 per player and Commuter Campers' cost is \$160.00 per player

**FOR RESIDENT CAMPERS – ALL TEAMS THAT COMPLETE THE REGISTRATION PROCESS WITH "FULL PAYMENT" BY JUNE 30, 2008 - CAN TAKE A \$10.00 PER PLAYER DISCOUNT OFF THE INDIVIDUAL COST.**

## TEAM CAMP

### REGISTRATION FORM

#### Print Information

- Varsity  Junior Varsity
- Instructional  
 Resident Team \$235/Player  Commuter Team \$180/Player
- Competition  
 Resident Team \$195/Player  Commuter Team \$160/Player

School \_\_\_\_\_

Coach Name \_\_\_\_\_

Home Address \_\_\_\_\_

Home Phone \_\_\_\_\_

E-mail \_\_\_\_\_

Deposit: \$250---Deadline: June 30, 2008  
Balance due: JULY 15, 2008

## INDIVIDUAL CAMP

### REGISTRATION FORM

#### Print Information

- | Resident                 | Commuter                 |   |
|--------------------------|--------------------------|---|
| <input type="checkbox"/> | <input type="checkbox"/> | <b>Individual Skills</b> (Grades 7-12)<br>F-S-S --- August 1-3, 2008    |
| <input type="checkbox"/> | <input type="checkbox"/> | <b>Setter's Camp</b> (Grades 9-12)<br>T-W-Th --- July 29-31, 2008       |
| <input type="checkbox"/> | <input type="checkbox"/> | <b>Hitter's Camp</b> (Grades 9-12)<br>T-W-Th --- July 29-31, 2008       |
| <input type="checkbox"/> | <input type="checkbox"/> | <b>Libero-Specialty Camp</b> (Grades 9-12)<br>Th-F --- July 30-31, 2008 |

T-Shirt Size    S    M    L    XL

Roommate preference: \_\_\_\_\_

## GENERAL

### INFORMATION

Name \_\_\_\_\_

Address \_\_\_\_\_

Phone \_\_\_\_\_ Grade (Fall 2008) \_\_\_\_\_

Email \_\_\_\_\_

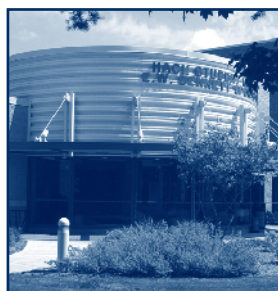
You can also register online at: [www.northwood.edu](http://www.northwood.edu)

## CAMP FACILITIES

All camp activities will take place on the beautiful campus of Northwood University, Midland, Michigan. The Bennett Sports Center will provide five regulation-size volleyball courts, and the Hach Student Life Center will provide an additional three air-conditioned courts. Other recreational facilities (such as our Olympic-size pool and weight room) will be available for use during free time. All camp activities will be constantly supervised by the camp staff.



## CAMP MEALS/HOUSING



"All you can eat" meals will be professionally catered and served in the Northwood University campus dining facility. All resident campers will be housed on campus. Housing and cafeteria supervision is provided by camp staff. Resident campers will receive 2 breakfasts, 3 lunches, and 2 dinners, and Commuter campers will receive 3 lunches and 2 dinners.

Please make checks payable to NORTHWOOD UNIVERSITY and return with registration form to:



NORTHWOOD UNIVERSITY  
 Business Office/Volleyball Camp  
 4000 Whiting Drive  
 Midland, MI 48640

Questions? Please contact the NU Volleyball office, Assistant Coach Orlando Gonzalez

Phone: (989) 837-4114  
 Fax: (989) 837-4484  
 E-mail: [gonzalez@northwood.edu](mailto:gonzalez@northwood.edu)

NORTHWOOD UNIVERSITY  
 4000 Whiting Drive  
 Midland, MI 48640



# 2008



## NORTHWOOD UNIVERSITY

### Volleyball Summer Camps

Bennett Sports Center  
 NORTHWOOD UNIVERSITY  
 Midland, MI 48640



Northwood University is committed to a policy of nondiscrimination and equal opportunity for all persons regardless of race, gender, color, religion, creed, national origin or ancestry, age, marital status, disability or veteran status. The University is also committed to compliance with all applicable laws regarding nondiscrimination.