

# COLLEGE of CHARLESTON

## 2011 VOLLEYBALL CAMPS



### TEAM CAMP

July 7 - 9

### TEAM PLAY DATE

July 9

### ELITE SKILLS CAMP

July 10 - 13

### 1-DAY POSITIONAL CAMPS

Setter/Libero: July 14

Cougar Kids: July 15

Hitters Camp: July 16

## REGISTRATION FORM

### TEAM CAMP: JULY 7-9

Please Check 1:  Resident/Overnight \$295  
 Commuter \$250  
 Team Play Date ONLY

### ELITE SKILLS CAMP: JULY 10-13

Please Check 1:  Resident/Overnight \$325  
 Commuter \$250

### 1 DAY POSITIONAL CAMPS

July 14  Setter camp \$65  Libero Camp \$65  
 July 15  Cougar Kids Camp \$30  
 July 16  Hitter Camp \$65

Camper Name: \_\_\_\_\_

Address: \_\_\_\_\_

City: \_\_\_\_\_ State/Zip: \_\_\_\_\_

Phone: H: \_\_\_\_\_ Cell: \_\_\_\_\_

Birth Date: \_\_\_\_\_ Age: \_\_\_\_\_ Grade Entering: \_\_\_\_\_

Position(s): S OH MB DS/L Height: \_\_\_\_\_

School: \_\_\_\_\_

School Coach: \_\_\_\_\_

Club Team: \_\_\_\_\_

T-Shirt Size Requested (Adult Sizes): S M L XL  
 (No t-shirts for Team Play Date Only)

Roommate Preference: \_\_\_\_\_

Please provide us with an email address that we may use for all camp correspondence (check-in locations, times, etc.):

(email)

**Deposit/Cancellation:** A \$100 deposit is due with your application for Team and Skills Camps by June 7th. There is a \$50 administrative fee for ALL cancellations made up to June 17th. NO REFUNDS for cancellations made after June 17th.

Please make all checks payable to:  
 College of Charleston Volleyball Camp  
 66 George St Charleston, SC 29424

### Medical Release and Waiver

- Date of last physical exam: \_\_\_\_\_
- Are you allergic to any medications? Y / N. If yes, please specify: \_\_\_\_\_
- Any other allergies? \_\_\_\_\_
- Any history of \_\_\_ Heart Problems, \_\_\_ Respiratory Problems, \_\_\_ Dizzy Spells, \_\_\_ Diabetes, \_\_\_ Epilepsy, \_\_\_ Rheumatic Fever, \_\_\_ Head Injury, Other (explain): \_\_\_\_\_
- Do you have any current injuries? Y / N. If yes, please explain: \_\_\_\_\_
- Do you have any physical restrictions? Y / N. If yes, please explain: \_\_\_\_\_
- Are you currently taking any medication? Y / N.
- Do you require any special taping or bracing? Y / N
- Please list any other conditions we should be aware of: \_\_\_\_\_

Participating in sports camps requires an acceptance of risk of injury. The College of Charleston has taken reasonable precautions to minimize the risk of significant injury by providing competent coaching and instruction, well-maintained equipment and facilities, proper conditioning and good medical care. Each one of you risks becoming tragically injured. With this understanding, the undersigned do hereby WAIVE and RELEASE the College of Charleston, faculty and camp staff, from all liability, arising out of any sickness or injury, including death that may occur while participating in a sports camp. I understand that should a health emergency arise, I will be notified, but that if I cannot be reached by telephone, such medical treatment as deemed necessary by competent medical personnel is authorized. Other than medical emergency, I authorize the College to examine and treat my child in the same way that college students are treated with the notification of parents being dependent on the judgment of the physician.

Participant Name: \_\_\_\_\_

Parent/Guardian Signature: \_\_\_\_\_

Emergency Contact Information:

Name: \_\_\_\_\_ #: \_\_\_\_\_

Name: \_\_\_\_\_ #: \_\_\_\_\_

Family Insurance Co: \_\_\_\_\_

Policy #: \_\_\_\_\_

## CAMP STAFF



Jason Kepner is the Head Coach of the CofC Women's Volleyball team and will serve as camp director. In his 4 years leading the Cougars, his teams have won three SoCon Regular Season titles and two SoCon Tournament Championships. His players have earned 18 All-Conference honors and he was Coach of the Year in 2007. Additional staff will be comprised of members of the CofC coaching staff and players, as well as other collegiate coaches from across the nation.

## ELITE SKILLS CAMP

### Commuter \$250 July 11-13

Open to girls entering grades 5-12. This camp is designed to work primarily on the fundamentals of volleyball in a challenging and fun environment. Excellent instruction given by college coaches and Division I players will help you master the basics and prepare for your high school season.

Check-In: 7:30-8:45am

### Overnight Camper \$325 July 10-13

Open to girls entering grades 7-12. The extra night sessions allow for more skill training and competitive games against each other and college players.

Check-In: 2:30-4:30pm

### Elite Skills Camp Daily Schedule:

Morning Session:	9:00-11:30 am
Lunch:	11:30-1:00 pm
Afternoon Session:	1:00-4:00 pm
Dinner:	4:00-6:00 pm
*Evening Session:	6:00-8:00 pm

\*Commuters attend all Morning and Afternoon Sessions. Evening Sessions are for Overnight Campers only.

Check-out is 12-1:00 pm following Camp Closing Ceremony.

Register early as space is limited!

Please contact Jason Kepner with any questions at:  
[kepnerj@cofc.edu](mailto:kepnerj@cofc.edu) or 843.953.8246

## TEAM CAMP & PLAY DATE

### Overnight \$295, Commuter \$250 July 7-9

Open to high school Varsity and JV teams in grades 9-12 looking to prepare for the upcoming season. The first two days will be team development and competitive wash drills ending with a play date on the final day including all teams from team camp with the possibility of additional teams. A member of our camp staff will be assigned to each team. Room and board will be provided FREE of cost for 1 coach per team. Additional Coaches are \$100 each.

**Play Date \$100/Team** (For teams NOT participating in Team Camp) Come get your team ready for the fall season with our summer play date July 9th! Open to all high school Varsity and JV teams for competition in an all-day tournament. Teams are guaranteed at least four matches. Tournament format will include pool play and bracket playoffs.

### Team Camp Daily Schedule:

Morning Session:	9:00-11:00 am
Lunch:	11:00-1:00 pm
Afternoon Session:	1:00-4:00 pm
Dinner:	4:00-6:00 pm
Evening Session:	6:00-8:00 pm

Saturday, July 9th is an all day tournament, including competition against camp teams and other local teams joining for the play date.

\*\*Regular check-in 8:00-9:00 am at the dorm, TBD as the first session begins promptly at 9:00 am.

\*\*Early check-in is available to teams wishing to arrive on July 6th. Check-in time will be 4:00-7:00 pm, and the cost is an additional \$30 per person. Please contact Jason Kepner for questions and further details.

## FACILITIES

All camp sessions will take place in the Carolina First Arena, located at 301 Meeting Street, Charleston, SC. Commuter and Positional Camp check-in location is located in the main arena (enter through Meeting St entrance pictured below). Overnight and team camp check-in is located in the dorm: TBD.



## MEALS

College of Charleston's Liberty Street Fresh Food Company Dining Hall and outside food service providers will be utilized to guarantee that our athletes are receiving adequate meals during volleyball camps. All meals will be provided to overnight elite camp and team camp athletes and coaches. Commuters at elite camp will be issued lunch and the one day positional camps are encouraged to pack lunch.

## 1-DAY POSITIONAL CAMPS

### Setter & Libero Camps \$65 July 14

These 2 camps will be run individually, however the two groups may join together at times. The Setter Camp will focus on training all aspects of competitive setting including footwork, hand placement as well as decision making. Each setter will get a high number of repetitions in various situations.

Defensive Specialists/ Liberos will focus on forearm passing and defensive techniques. We will address proper footwork and body posture as well as out-of-system setting, serving and emergency moves.

Sessions: 9-11:30 am & 12:30-3 pm

### Cougar Kids Camp \$30 July 15

Cougar Kids camp is intended for girls and boys entering grades 2-6. We will focus on introducing the fundamentals of the sport as well as movement patterns helpful in athletics. Cougar Kids Camp will be a fun learning atmosphere and a great opportunity for the youngsters to be introduced to game like situations.

Session: 1:00 pm - 4:00 pm

### Hitters Camp \$65 July 16

This camp is for all Outside, Middle and Right Side Hitters. We will be training various attacks as well as position specific drills for improvement of overall game execution.

Sessions: 9-11:30 am & 12:30-3 pm