

GO

BEARCATS!

Lander Volleyball is looking forward to its 6th year of educating and motivating teams and individuals with a variety of volleyball teachings.

This is a great time for athletes to reach their potential by being challenged with various techniques, game strategies, and offering comprehensive athletic and leadership training.

Lander Volleyball is committed to providing a learning experience for all levels of volleyball players. Whether you are a seasoned athlete or a beginning player, you can come to **DEVELOPMENTAL, TEAM or INDIVIDUAL Camp**.

Carla Decker leads the camp with a corps of experienced college players and coaching colleagues while maintaining a 7:1 camper to coach ratio.

I have been the director of camps and clinics for over a decade throughout the south and east coast. I look forward to the summer because it allows me to work with various age groups, playing levels, and to share the love of volleyball.



I hope you will join our corps of volleyball enthusiasts in working to become the best person, teammate, and volleyball player you can be while sharing the love of the sport.

For QuestionsCoach Carla Decker
Office: 864-388-8963
Cell phone: 864-980-2723
E-mail: cdecker@lander.edu

COST:

DEVELOPMENTAL CAMPER: \$75

Any beginning player (7-13 yrs) wanting to learn the skills 1st session only... No Meals, T-shirts and snacks included

COMMUTER : \$175

TEAM OR INDIVIDUAL CAMP:
(No Breakfast) , Lunch, Dinner & All sessions

OVERNIGHTERS: \$250

(Teams need chaperone / coach -\$50 housing cost only)

TEAM OR INDIVIDUAL CAMP:
All sessions, All meals & Housing

WHAT TO BRING:

- *Plenty of T-shirts & Spandex/ shorts ..one per session....
- *Volleyball shoes (already broken in) & lots of Socks
- *Change of shoes, sweats or running shorts to wear between sites and in cafeteria
- * Water bottle /only water in gyms
- Recommend:** knee pads or ankle braces
- *****Lots of energy and enthusiasm!!!!

OVERNIGHTERS:

Twin sheets, Pillows & Blankets
Towels , Toiletries , Sleeping Attire , Alarm clock and Snacks.

Checks payable to: **CDVB Camps**
OR
Carla Decker Volleyball Camps

BEARCAT VOLLEYBALL CAMP



June 27th- 30th

TEAM and
INDIVIDUAL
CAMP

June 27-29th

Developmental
Day Camp

CAMP Schedule

Monday, June 27th:

11 am to Noon- (no lunch)
 Check in / Registration
 PEES Building
 Noon- 2pm : Session 1 &
Developmental Campers til 2pm
 2 pm- 4:30 pm: Session 2
 5:00 pm-6:00 pm: Dinner
 6:30 pm-8:30 pm: Session 3

Tuesday, June 28th & Wednesday, June 29th :

7 am- Breakfast for overnights
 8:30am-12 pm : Session 1
 8:30am- 10:30am: **Developmental
Campers**
 NOON-1 pm : Lunch Break
 1:30 pm- 5 pm: Session 2
 5 pm-6:00 pm: Dinner
 6:30 pm-8:30pm: Session 3

Thursday, June 30th :

7 :00 am- Breakfast / Check-out of
 dorms by 8:30am
 8:30am- 11am: **Round
Robin Tournament**
 11:00-noon: Awards

Session 1

Conditioning and skill training circuits; setting, passing and defense, attacking options, Libero training, and serving/serve receive.

Session 2

Combining fundamental skills, court movement, plus offensive and defensive strategies. Focus on combining skills, learning new strategies, and applying team concepts.

Session 3

Team dynamics , game concepts and developing competitive play.

Developmental Campers:

DATES: June 27-29th ...Session 1 only
 Specific for training 7 to 13yr olds or who want to learn basic volleyball skills; passing, setting, and serving. Perfect for elementary and rising middle school. Not competition based but to introduce fundamental development. Morning session only, no meals but snacks and t-shirts included. **\$75**

Individual Campers:

DATES: June 27-30th.
 If you cannot come with your whole team or come as an individual, you will be to placed in a team while working on skills specifics and team concepts. Will train as a team during competitions, or session 3 and will also go through training with current Lander Volleyball players.

Commuters \$175 Overnights \$250

Team Camp:

Team camp is geared to learn skills while developing player positioning and offensive and defensive strategies. Teams are asked to have a chaperone (\$50) if staying overnight or one can be appointed to them. Coaches can be involved if they like or sit back and learn also.

Commuters \$175 Overnights \$250

REGISTRATION

Mail to: Lander Volleyball Office
320 Stanley Ave , Greenwood SC, 29649

Circle which camp you will be attending.

PRICE

Developmental : (**Commuter**, First session only) **\$75**

Team Camp or Individuals : (**Commuter**) **\$175**

Team Camp or Individuals: (**Overnighter**) **\$250**

Roommate Preference:

Method of Payment

Cash

Money order #

Check #

Amount Paid :

\$50 Deposit Due June 11th

Name of participant

Home Phone

Address

Name of School

Grade Fall 2011

Adults T- shirt size : S M L XL

Liability release: I, the undersigned, as a parent or guardian of _____ (Camper) a minor ask that he/she be admitted to participate in the sports camp at Lander University. I hereby do agree to release, discharge Lander University, their coaches, employees of and from all causes, liabilities, damages, and claims whatsoever on account of any injury or accident involving minor's attendance in the sport camp or in the course of competition and activities held within the course of the sport camp.

Signature of Parent or Guardian

Checks payable to: **CDVB Camps**