

CAMP INFORMATION

Resident / Commuter Available

All-Skills Camp (Grades 6-12) July 14-16

- | | | |
|--------------------------|-----------------|-------|
| <input type="checkbox"/> | Resident Camper | \$220 |
| <input type="checkbox"/> | Commuter Camper | \$200 |

Skills Camp Hours

- | | |
|-------|-----------------|
| Day 1 | 2:30 pm—9:00 pm |
| Day 2 | 9:00 am—9:00 pm |
| Day 3 | 9:00 am—2:30 pm |

Reserve Your Spot Today!

- \$50 per camp; non-refundable deposit (applied to total)
- All returned checks are subject to a \$25 fee
- Remaining balance should be brought at time of check-in

Credit Card Payment Details

- Visa Mastercard Discover

Name on card: _____

Card #: _____ Exp Date: _____

DISCOUNT INFORMATION

- \$20 Discount if attending Team Camp & Skills Camp
- YSU (immediate family) discount of \$20 applied toward one camp only

APPLICATION INFORMATION

Make Checks Payable to:

Youngstown State Volleyball Camp

Send Application Fee to:

Joe Bonner –Volleyball Camps

**Youngstown State University
One University Plaza
Youngstown, OH 44555**

Additional information will be sent upon acceptance

For more information contact the volleyball office:

Phone: 330-941-1920

Fax: 330-941-2968

YOUNGSTOWN STATE WOMEN'S VOLLEYBALL

**All Skills Camp
July 14-16
Grades 6-12**

2009



YOUNGSTOWN STATE WOMEN'S VOLLEYBALL



Ebony Barbosa, Senior Outside Hitter
2008 Team MVP

July 14-16
All Skills Camp
Grades 6-12



POSITIONS

The skills camp is designed to assist the female athlete in developing their full potential in their chosen specialized positions. The majority of the day is spent in improving basic skills and developing advanced techniques. All of the basic skills are covered but they are practiced and refined as they relate specifically to the player's position. As skills develop at camp, specialty groups will be brought together to practice their skills in combination with each other.

SETTING - Proper footwork, hand positioning, and accuracy will be the focus. Groups will be divided by age and ability level, with developing setters mastering the basics and advanced setters learning more complex offensive concepts. All setters will regularly work with hitters and passers to focus on team strategies. Great coaches will be providing feedback throughout many repetitions - which is the key to being a great setter!

MIDDLE - If you want to concentrate on the skills related to excelling at the middle blocking/attacking position, you've found the camp. Developing players will focus on learning footwork skills in both blocking and attacking and with high and mid tempo sets, while learning the foundation of hitting quick sets. Advanced middles will learn the strategies of attacking in the quick offense, as well as blocking against such offenses. All types of quick sets will be practiced including the slide set.

OUTSIDE - Players will have the arm swing, footwork, and other basic skills broken down. Players will have the opportunity to attack and block both front sets and back sets. Developing players will have the opportunity to refine basic skills. More advanced outsides will be challenged with learning the skills and strategies needed to play in a faster tempo offense. Team strategies will also be practiced while combining with middles, setters, and backcourts.

LIBERO - A great choice for the young volleyball player who wants to focus on the fundamentals of serving, passing, digging, and emergency floor skills. The is also for that advanced player who wants to refine their back-court skills. Groups will be divided by age and ability level and will work regularly in coach-controlled, game-like situations with setters and attackers.

CAMP DIRECTOR

Head Coach **Joe Bonner** is headed into his fifth year with YSU. Bonner has been a Division I coach for nine years and knows what it takes to make a program successful. In 2006 he brought in a top 100 recruiting class, and has begun making his mark at YSU. Each season Bonner coached the Penguins to career-best numbers and more victorious seasons. As an assistant, Bonner attended five NCAA tournaments with two different programs, including a second round berth in 2003.

BONNERS NUMBERS:

- 3 Northeast Conference Championships
- 2 Atlantic-10 Championships
- 10 All Conference Players
- 4 Players of the Year
- 3 All Americans
- 2 Rookies of the Year



ASSISTANT DIRECTOR

Assistant Coach **Darcy Thompson** is headed into her second season with the Penguins. She graduated from Robert Morris, where she started as Libero for three seasons. Thompson was a two-time first team all-conference selection for the Colonials where she holds the single season record for digs in a season (718). She has also worked as an assistant at Dayton and Villanova prior to coming to Youngstown State. Here at YSU, Thompson works with serve receive and backrow defense as well as recruiting and day-to-day operations.

IMPORTANT CAMP INFO

Check in for camp will be held at Cafaro House on Monday July 14th from 1:00-2:30 pm for residents and commuters. This is a female volleyball camp. The remaining cost of camp must be turned in at this time.

Housing and Dining All residents will be staying two to a room in the Cafaro House. Staff members will provide supervision at the dorms. All resident campers will receive breakfast, and all campers will receive lunch, and dinner. Cafaro House is an air conditioned facility to make for pleasant sleeping conditions. All residents will have to bring their own bedding.

Check out will take place on Wednesday by 4 pm.

Facilities The YSU Skills Camp will take place in the air conditioned Stambaugh Stadium with 6 courts. Stambaugh is just a short walk from Cafaro House.

Confirmation When the application form, medical release form, and deposit are received, confirmation will be sent within two weeks. Confirmation will include an events packet including: map of campus, parking for both resident and commuter campers, an itinerary of events, and housing information.

REGISTRATION INFORMATION

Name _____
Age _____ Upcoming Grade in School _____
Address _____
City, State, and Zip _____
E-mail Address _____
Shirt Size (Adult) _____
Home Phone _____
Parents Name _____
Parents Work Phone(s) _____
School/Team Name _____

PREFERRED POSITION

- Setter Outside Hitter
 Libero/DS Middle Hitter

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Phone: 330-941-1920

Fax: 330-941-2968

E-mail: jbonner@ysu.edu or dathompson@ysu.edu

VOLLEYBALL MEDICAL INFORMATION AND WAIVER PERMIT

Camper's Name _____

Parent's Medical Insurance Carrier _____

Insurance Group # _____

Insurance Policy # _____

I am aware of the risks, hazards and inherent dangers that may arise due to my child's participation in the Youngstown State University Summer Camp held at Youngstown State University (collectively referred to as "UNIVERSITY"):

In consideration for _____ being allowed to participate in said activity, it is agreed that all risks attendant to watching and/or participating in camp activities, including, but not limited to bodily injury, are assumed by the camper and his/her parents and/or legal guardian as indicated by the signature hereto. I hereby certify that the above named camper is physically able to participate in the camp and that I know of no physical impairments which would in any manner limit his/her participation in the program.

I, for myself, and on behalf of my child, hereby release, waive and discharge UNIVERSITY, its instructors, agents and employees from every claim, liability or demand of any kind sustained, whether caused by the negligence of the UNIVERSITY or otherwise. This release shall be binding upon any heirs, administrators, executors and assigns of mine. I further agree to indemnify the UNIVERSITY from any loss, liability, damage or cost it may incur due to my participation in said activity in any way whether caused by the UNIVERSITY or otherwise. I also certify that I am the legal parent or guardian of the above named camper and have full right to provide this release.

In the event of illness or injury resulting or arising directly or indirectly out of said activity, I hereby give my consent and authorization for (1) the administration of emergency first aid care and treatment at the scene of an emergency by faculty, staff members or volunteers of UNIVERSITY or (2) the administration of any treatment deemed necessary by a licensed physician or dentist and (3) the transfer to any hospital reasonably accessible. This authorization is not intended to cover major surgery unless the medical opinions of two (2) licensed physicians or dentists, concurring in the necessity for such surgery, are obtained prior to the performance of such surgery.

Signature of Parent/Guardian: _____

Name of Parent/Guardian: _____

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I, for myself, and on behalf of my child, hereby release, waive and discharge UNIVERSITY, its instructors, agents and employees from every claim, liability or demand of any kind sustained, whether caused by the negligence of the UNIVERSITY or otherwise. This release shall be binding upon any heirs, administrators, executors and assigns of mine. I further agree to indemnify the UNIVERSITY from any loss, liability, damage or cost it may incur due to my participation in said activity in any way whether caused by the UNIVERSITY or otherwise. I also certify that I am the legal parent or guardian of the above named camper and have full right to provide this release.

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