



## **Volleyball Camp Descriptions 2012**

### **July 10-12 Kids Camp - \$100**

Why wait until middle school to start having fun playing volleyball? Why let older sisters be the only ones that get to play? This camp is open to any and all 1<sup>st</sup> through 5<sup>th</sup> graders (girls and boys) that are looking for an opportunity to experience what volleyball is all about. We have designed this camp specifically with young players in mind and have modified our equipment, techniques, drills, and games to make learning volleyball fun. Campers learn each skill from Michigan State players and coaches who have experience teaching the game to younger level players. This is the perfect camp for those players who have always wanted to play, but never had the opportunity. More info on page 3.

### **July 14 – All Skills Day Camp - \$150**

This is a 3-session day camp that will combine the 6 major skills (passing, setting, blocking, defense, serving, attacking) of volleyball into a single day of fast paced training and game-like drills. Open to kids ages 12 and up and grouped according to age and skill level, the goal is to meet the needs of each individual camper. Campers will be exposed to team systems that will help prepare them for scholastic, recreational, club and college programs. Camp will conclude with a competition that will crown our “Queens of the Court!” More Info on page 4.

### **July 15 – Competitive Edge Day Camp - \$105**

This camp was new in 2011 and very well reviewed! Competitive Edge Camp combines physical/speed training, plyometric/agility training, jump training, with mental toughness training to help get you ready for the upcoming season as well as playing volleyball at the collegiate level... Also, learn more about the recruiting process to play in college! Train as the SPARTANS train to get faster, jump higher, hit harder... Will you do what it takes this summer to give yourself the “Competitive Edge?” More info on page 5.

### **July 16 – Ball Control Clinic – Skills to Defend Any Attack - \$105**

This camp focuses entirely on defense, passing, and ball control. While this camp is targeted at players who play the libero or defensive specialist positions, it is certainly NOT limited to those players. Campers can expect to touch hundreds of balls while learning basic Spartan moves such as free-ball passing, serve-receive, shuffling, run-throughs, diving and rolling, cushioning, collapsing, overhead and emergency maneuvers. Kneepads are a MUST for this camp as campers will learn to hit the floor without fear. Don't be left off this year's team because you lack ball control or back-row skills! More info on page 6.

### **July 17 – Attacking Clinic: Tricks of the Trade - \$105**

This camp will cover all you need to know to become a dominant attacker at any level. Campers at this clinic can expect to attack and ONLY attack! If you're an outside, middle, or right side hitter – or have always wanted to be – this camp is perfect for you and your development as a powerful, high flying attacker. Campers will learn proper arm-swing techniques, 2-step, 3-step, and 4-step approaches from the left, right and middle. Learn to see the block as you jump and decide to attack down the line, angle or seam. You'll not only begin to hit harder, but SMARTER... you'll dig this camp when you realize other teams can't dig you! More info on page 7.



### **July 18 – Setting Clinic – Running the Offense - \$105**

Are you the type of player that can handle touching the ball EVERY time it is on your side of the net? Have you always wanted to be the “quarterback” of your volleyball team? This is the camp for you! Campers will improve their footwork, touch, power, location, tipping, and strategy through many technical drills they can practice long after their camp experience is finished. Whether you’re a beginning setter who has never played, a freshman starter, or a highly recruited varsity star, you will benefit from this unique camp designed specifically with the setter in mind. This camp is also great for non-setters who need to get better at the setting skill itself. No setting experience required. More info on page 8.

### **July 19-21 All Skills Camp - \$325 Resident / \$275 Commuter**

This camp is designed for the player that wants to improve all of their skills (passing, setting, defense, serving, blocking, and attacking) through fast paced training and game-like drills. Open to kids ages 12 and up and grouped according to age and skill level, the goal is to meet the needs of each individual camper. Campers will be exposed to team systems that will help prepare them for scholastic, recreational, club and college programs. More info on page 9.

### **July 23-25 – HS Competitive Team Camp - \$300 Resident / \$250 Commuter**

Please check with your HS Coach to ensure that they have reserved a spot for your team through the MSU Volleyball Office (517-353-1756) before enrolling. Designed to allow teams to grow and improve through match experience. Campers can expect to play in 15+ competitions during camp against many different high school teams from Michigan and surrounding states. Teams will compete against other teams of equal talent level and will be challenged throughout the entire 3 day camp. Individual skill sessions, coached by MSU Coaches and players, will be held to help fine-tune setting, attacking, and defensive skills. Teams should have 8-10 members each. MSU provides room and board for 1 coach per team. Coaches should have each team member enroll on-line individually after their team has been registered. Additional coaches can be housed for \$100. More info on page 10.

### **July 23-25 – Shootout Team Camp - \$150 (no resident option)**

New in 2012, the Shootout option of the Competitive Team Camp provides team with a chance to compete in the 3-day tournament with 30+ area high schools without breaking the bank. Teams that join the shootout can expect to play 15-20 competitions over the 3 days (afternoon and evening sessions) and have equal chance to be crowned tournament champs as teams that join the competitive team camp. This option does **NOT** include meals or overnight stay on campus, or morning session of each day as it is a competition-only option. Teams should have 8-10 members each. Coaches should have each team member enroll on-line individually after their team has been registered with MSU Volleyball Office (517-353-1756). More info on page 11.



## **2012 KIDS CAMP INFO SHEET – July 10-12**

**Cost \$100**

**Grades 1-5**

**Space is Limited – sign up early!**

**Camp is from 5pm-7pm each of the 3 days at the Jenison Field House.**

**Parents are welcome to stay and observe.**

**Kids with NO experience or very little experience are perfect for this camp.**

**This camp is an introduction to volleyball and is truly a lot of fun.**

**Kids will be expected to work hard and have fun regardless of age or experience level. =>**

**Boys AND Girls are welcome.**

**Knee-pads are highly recommended.**

**This is my favorite camp.**



## **2012 ALL SKILLS DAY CAMP INFO SHEET – July 14**

**Cost \$150**

**Registration from 8:30am – 9:00am in Jenison Field House**

**Session 1 – 9am to Noon in Jenison Field House**

**Lunch provided**

**Session 2 – 1pm to 4pm Jenison Field House**

**Dinner Provided**

**Session 3 – 5pm to 7pm - COMPETITION**

### Other Notes:

- Grades 5 and up.
- This camp is designed to teach through training and will involve a tournament in the evening session.
- Please leave valuable items at home or with a parent: ipods, dvd players, computers, cell phones, purses.
- Lunch and dinner included.
- Campers do not have the option of staying overnight to the “Competitive Edge” clinic.
- Campers will be given the option of what group to go with: Beginner (Middle/Elementary School, 14’s club), Intermediate (HS Fresh/JV, 15-16 club teams) , Advanced (HS Varsity, 17’s and 18’s club)... We strongly urge each player to go with the group that they are currently in, rather than where they aspire to be as the skill progressions have been altered to fit the different demands of the groups. Drills/Techniques will not be altered for players out of their skill level. If a player doesn’t know what group they belong in, the staff will help them find the appropriate group.



## **2012 “COMPETITIVE EDGE” CAMP INFO SHEET – July 15**

**Cost \$105**

**Registration from 9 – 9:30am in Jenison Field House**

**Session 1 – 9:30am to Noon in Jenison Field House**

**Lunch provided**

**Session 2 – 1pm to 4pm Jenison Field House**

**4pm Camp Ends**

### Other Notes:

- This camp was a big success in 2011; and we expect it to be even bigger in 2012!
- Includes a session on NCAA Rules and Recruiting Tips for future college players.
- Grades 5 and up.
- This camp is designed to teach through training and involves no competitive tournament or scrimmages.
- Please leave valuable items at home or with a parent: ipods, dvd players, computers, cell phones, purses.
- Lunch included.
- Campers do not have the option of staying overnight to the Ball Control clinic.
- Campers should be expected to work hard throughout the entire day in a variety of physically and mentally taxing drills and exercises... “Few things worth doing are easy...”



## **2012 BALL CONTROL CLINIC INFO SHEET – July 16**

**Cost \$105**

**Registration from 8:30am – 9:00am in Jenison Field House**

**Session 1 – 9am to Noon in Jenison Field House**

**Lunch provided**

**Session 2 – 1pm to 4pm Jenison Field House**

**4pm Camp Ends**

### Other Notes:

- Grades 5 and up.
- This camp is designed to teach through training and involves no competitive tournament or scrimmages.
- Please leave valuable items at home or with a parent: ipods, dvd players, computers, cell phones, purses.
- Lunch included.
- Campers do not have the option of staying overnight to the attacking clinic.
- Campers will be given the option of what group to go with: Beginner (Middle/Elementary School, 14's club), Intermediate (HS Fresh/JV, 15-16 club teams) , Advanced (HS Varsity, 17's and 18's club). We strongly urge each player to go with the group that they are currently in, rather than where they aspire to be as the skill progressions have been altered to fit the different demands of the groups. Drills/Techniques will not be altered for players out of their skill level. If a player doesn't know what group they belong in, the staff will help them find the appropriate group.



## **2012 ATTACKING CAMP INFO SHEET – July 17th**

**Cost \$105**

**Registration from 8:30am – 9:00am in Jenison Field House**

**Session 1 – 9am to Noon in Jenison Field House**

**Lunch provided**

**Session 2 – 1pm to 4pm Jenison Field House**

**4pm Camp Ends**

### Other Notes:

- Grades 5 and up.
- This camp is designed to teach through training and involves no competitive tournament or scrimmages.
- Please leave valuable items at home or with a parent: ipods, dvd players, computers, cell phones, purses.
- Lunch included.
- Campers do not have the option of staying overnight to the setter camp.
- Campers will be given the option of what group to go with: Beginner (Middle/Elementary School, 14's club), Intermediate (HS Fresh/JV, 15-16 club teams) , Advanced (HS Varsity, 17's and 18's club). We strongly urge each player to go with the group that they are currently in, rather than where they aspire to be as the skill progressions have been altered to fit the different demands of the groups. Drills/Techniques will not be altered for players out of their skill level. If a player doesn't know what group they belong in, the staff will help them find the appropriate group.



## **2012 SETTING CLINIC INFO SHEET – July 18**

**Cost \$105**

**Registration from 8:30am – 9:00am in Jenison Field House**

**Session 1 – 9am to Noon in Jenison Field House**

**Lunch provided**

**Session 2 – 1pm to 4pm Jenison Field House**

**4pm Camp Ends**

### Other Notes:

- Grades 5 and up.
- No previous setting experience is required.
- This camp is designed to teach through training and involves no competitive tournament or scrimmages.
- Please leave valuable items at home or with a parent: ipods, dvd players, computers, cell phones, purses.
- Lunch provided.
- Players do not have the option of staying overnight for the All-Skills Camp.
- Campers will be given the option of what group to go with: Beginner (Middle/Elementary School, 14's club), Intermediate (HS Fresh/JV, 15-16 club teams) , Advanced (HS Varsity, 17's and 18's club)... We strongly urge each player to go with the group that they are currently in, rather than where they aspire to be as the skill progressions have been altered to fit the different demands of the groups. Drills/Techniques will not be altered for players out of their skill level. If a player doesn't know what group they belong in, the staff will help them find the appropriate group.



## **2012 ALL SKILLS CAMP INFO SHEET – July 19-21**

**Cost \$325 Resident / \$275 Commuter**

### **Thursday, July 19**

Registration: **12-1pm** @ Munn Ice Arena

Camp starts at **2pm** – Jenison Field House will be open and supervised for commuters.

Camp ends at **7:30pm** – Commuters will be picked up from Jenison Field House

**No lunch today – Dinner provided to both commuters and residents.**

### **Friday, July 20**

*Breakfast for Residents only*

Camp starts at **9am** – Commuters dropped off at Jenison Field House

Camp Ends at **7:30pm** – Commuters will be picked up from Jenison Field House

Lunch and Dinner provided to both commuters and residents

### **Saturday, July 21**

*Breakfast for Residents only*

Camp starts at **9am** – Commuters dropped off at Jenison Field House

**2pm – 4pm** CAMP TOURNAMENT – Parents/Fans Welcome – Come to Jenison for court assignments.

Camp Ends at **4pm** – Commuters/Residents will be picked up from Jenison Field House

Lunch provided to both commuters and residents

#### **Other Notes:**

- Safety is our primary concern! Campers will walk to/from dorms to gym with Michigan State Volleyball Supervision at all times. Campers that violate this policy will be sent home regardless of age. Dorms are monitored 24 hrs a day, with trainers housed overnight, as well as night watch at entrance/exit.
- Roommate requests through the camp office will be accommodated – however, roommates are NOT necessarily on the same team or work group. Please understand the difficulty of accommodating every personal request.
- Please leave valuable items at home or with a parent: ipods, dvd players, computers, cell phones, purses.
- Players will be separated by age/grade... the MSU staff will move gifted athletes into a more appropriate skill division at their discretion.
- Commuters get lunch and dinner – but not breakfast – and are invited to attend all sessions, including the evening.
- Conference Assistant Programming will be available for residents after the evening session from 8-9:30pm and MAY include swimming, dancing, movies, etc... depending on the night of the week. **Please bring a swimsuit as requests to swim in spandex and sports bra won't be granted.**



## 2012 COMPETITIVE TEAM CAMP INFO SHEET – July 23-25

Cost \$300 Resident / \$250 Commuter

### Monday, July 23

Registration **8:00-9:00am** @ Munn Ice Arena – High School Coaches will register the entire group!

Morning session starts at **9:00am** For Competitive Team Campers –Jenison Field House – Practice, demos, conditioning, training, team building, etc.

Afternoon and evening session will be Tournament Play and include teams from Competitive Team Camp AND Shootout.

Competitive play concludes at **8:00pm** each day – parents welcome.

### Tuesday, July 24

Morning session starts at **9:00am** For Competitive Team Campers –Jenison Field House – Practice, demos, conditioning, training, team building, etc.

Afternoon and evening session will be Tournament Play and include teams from Competitive Team Camp AND Shootout.

Competitive play concludes at **8:00pm** each day – parents welcome.

### Monday, July 25

Morning session starts at **9:00am** For Competitive Team Campers –Jenison Field House – Practice, demos, conditioning, training, team building, etc.

Afternoon and evening session will be Tournament Play and include teams from Competitive Team Camp AND Shootout.

Competitive play concludes at **8:00pm** each day – parents welcome.

Checkout at **8:00pm**

### Other Notes:

- 1 High School coach fees are paid for through their camper's fees. Additional coaches will be housed for \$100.
- High School coaches should reserve a space for their team(s) by calling the MSU Office 517-353-1756 ... Please contact your high school coach to see if your team will be attending.
- JV and Varsity teams welcome, minimum of 8 players to form a team.
- Teams are expected to bring a coach to this camp – MSU does not provide a coach for every team as this is a competitive tournament style camp.
- Dorms are monitored 24 hrs a day, with trainers housed overnight, as well as night watch at entrance/exits.
- Please leave valuable items at home or with a parent: ipods, dvd players, computers, cell phones, purses.
- Commuters get lunch and dinner – no breakfast – and have paid for all sessions, including the evening.
- Conference Assistant Programming will be available for residents after the evening session from 8-9:30pm and MAY include swimming, dancing, movies, etc... depending on the night of the week. Please bring a swimsuit as requests to swim in spandex and sports bra won't be granted.



## **2012 SHOOT OUT TEAM CAMP INFO SHEET – July 23-25**

**Cost \$150**

### **Monday, July 23**

Registration: 12:30-1pm @ Jenison – High School Coaches will register the entire group!

Tournament play to begin at 1:30pm – warm-ups before.

Afternoon and evening Session will be Tournament Play and include teams from Competitive Team Camp AND Shootout.

Competitive play concludes at 8pm each day – parents welcome.

### **Tuesday, July 24**

Tournament play to begin at 1:30pm – warm-ups before.

Afternoon and evening Session will be Tournament Play and include teams from Competitive Team Camp AND Shootout.

Competitive play concludes at 8pm each day – parents welcome.

### **Monday, July 25**

Tournament play to begin at 1:30pm – warm-ups before.

Afternoon and evening Session will be Tournament Play and include teams from Competitive Team Camp AND Shootout.

Competitive play concludes at 8pm each day – parents welcome.

### **Other Notes:**

- High School coaches should reserve a space for their team(s) by calling the MSU Office 517-353-1756 ... Please contact your high school coach to see if your team will be attending.
- JV and Varsity teams welcome.
- Teams are expected to bring a coach to this camp – MSU does not provide a coach for every team as this is a competitive tournament style camp.
- Please leave valuable items at home or with a parent: ipods, dvd players, computers, cell phones, purses.
- Shoot-Out Participants will NOT have lunch/dinner provided and will be free to leave campus with coaches/parents to get food.
- Shoot-Out Participants may NOT stay on campus – contact MSU Volleyball for area hotels if interested.
- This is a competition only camp.