Volleyball Camp Descriptions 2015

**July 11 College Prep Camp - $160 – (9am-4pm)**

This camp reaches out to high school athletes who are looking to improve their skills for their respected high school teams, club teams, and those who want to play at the next level. We designed this camp to emulate Spartan drills, skills, and culture that you will be able to take back to your teams in the fall. We will focus on six major skills (passing, setting, blocking, defense, serving and attacking) and incorporate speed, team systems, and strategies to broaden your knowledge and skill set for the game. More info on page 4.

**July 11 Kids Day Camp - $70 – (10am-2pm)**

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 1st through 5th 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 4.

**July 11 –Middle School All Skills Day Camp - $130 – (9am-4pm)**

This is a 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 middle school athletes (as of September) 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 5.

**July 13 – Serve/Passing Camp - $65 – (9am-noon)**

This camp focuses entirely on serving and passing. This camp is targeted at players who have the desire to improve on the 2 most important skills of the game; serving and passing. Campers can expect to touch hundreds of balls while learning basic Spartan serving and passing moves such as standing serve, jump serve, and jump-float serve techniques, as well as ball control, free-ball passing and serve-receive passing. More info on page 6.

**July 13 – Defense Camp - $65 – (1-4pm)**

This camp focuses entirely on defense. 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 run-throughs, diving and rolling, shuffling, 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 14 – Attacking Camp - $65 – (9am-noon)**

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 14 – Blocking Camp - $65 – (1-4pm)**

This camp focuses entirely on blocking. While this camp is targeted at players who play the front row positions, it is certainly NOT limited to those players. Campers can expect to improve their footwork and hand positioning, while learning individual blocking and team system blocking. They will also learn how to get a step ahead of their opponent with Spartan drills teaching you how to read and eliminate attackers. No matter your size or age, you will leave this camp a stronger and smarter blocker! More info on page 7.

**July 15 – Setting Camp - $65 – (9am-noon)**

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 16-18 -- All Skills Overnight Camp - $350 Resident / $290 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 athletes 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 8-9.
July 20-22 – HS Competitive Team Camp - $325 Resident / $265 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 and fed for an additional fee. More info on page 9-10.

July 20-22 – Shootout Team Camp - $165 (no resident option)

New in 2012, the Shootout option of the Competitive Team Camp provides teams 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 10-11.
2015 COLLEGE PREP CAMP INFO SHEET – JULY 11

Cost $160
Grades 9 – 12
Space is limited, sign up early!
Camp is from 9am-4pm at Jenison Field House.
Parents are welcome to stay and observe.
This camp is targeted at those who play high school volleyball, club volleyball, and/or want to continue to play volleyball at the next level.

Session 1- 9am-12pm
Lunch provided.
Session 2- 1pm-4pm

2015 KIDS DAY CAMP INFO SHEET – July 11

Cost $70
Grades 1-5
Space is Limited – sign up early!
Camp is from 10am-2pm at the Jenison Field House.
Lunch provided.
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.
2015 MIDDLE SCHOOL ALL SKILLS DAY CAMP

INFO SHEET – July 11

Cost $130

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

Other Notes:

• Grades 6 to 8.
• 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 included.
• Campers do not have the option of staying overnight.
• 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.
2015 SERVING/PASSING CAMP INFO SHEET – July 13

Cost $65

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

Session – 9:00am to Noon in Jenison Field House

No meals provided

2015 DEFENSE CAMP INFO SHEET – July 13

Cost $65

Registration from 12:30pm – 1:00pm in Jenison Field House

Session – 1:00pm-4:00pm in Jenison Field House

No meals provided

Other Notes:

• Grades 5 and up.
• These camps are designed to teach through training and involve no competitive tournament or scrimmages.
• Please leave valuable items at home or with a parent: ipods, dvd players, computers, cell phones, purses.
• Campers do not have the option of staying overnight for the serving/passing or defense camps.
• 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.
2015 ATTACKING CAMP INFO SHEET – July 14

Cost $60

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

Session 1 – 9:00am to Noon in Jenison Field House

No meals provided

2015 BLOCKING CAMP INFO SHEET – July 14

Cost $60

Registration from 12:30pm – 1:00pm in Jenison Field House

Session 1 – 1:00pm to 4:00pm in Jenison Field House

No meals provided

Other Notes:

- Grades 5 and up.
- These camps are designed to teach through training and involve no competitive tournament or scrimmages.
- Please leave valuable items at home or with a parent: ipods, dvd players, computers, cell phones, purses.
- Campers do not have the option of staying overnight for the serving/passing or defense camps.
- 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.
2015 SETTING CAMP INFO SHEET – July 15

Cost $60

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

Session 1 – 9:00am to Noon in Jenison Field House

No meals provided

2015 ALL SKILLS OVERNIGHT CAMP INFO SHEET – July 16-18

Cost $350 Resident / $290 Commuter

Thursday, July 16

Registration: **11:30am-12:30pm** @ Munn Ice Arena

Camp starts at **1:30pm** – 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 17

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 18

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.
• What to Bring: Pillow, sheets (if prefer own), toiletries, fan, snacks, water, bathing suit, towel, spandex, t-shirts, kneepads, spending money for camp store and pizza at dorms
• 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.

2015 COMPETITIVE TEAM CAMP INFO SHEET – July 20-22

Cost $325 Resident / $290 Commuter

Monday, July 20
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 – parents welcome.

Tuesday, July 21
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 – parents welcome.

Wednesday, July 22
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 4:00pm – parents welcome.

Checkout at 4:00pm

**Other Notes:**

- 1 High School coach fees are paid for through their camper’s fees. Additional coaches will be housed and fed for an additional fee.
- 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.
- **What to Bring:** Pillow, sheets (if prefer own), toiletries, fan, snacks, water, bathing suit, towel, spandex, t-shirts, kneepads, spending money for camp store and pizza at dorms
- 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.**

**2015 SHOOT OUT TEAM CAMP INFO SHEET – July 20-22**

**Cost $165**

**Monday, July 20**

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** – parents welcome.

**Tuesday, July 21**

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** – parents welcome.

**Wednesday, July 22**

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 **4pm** – 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.