

# 2016 Western Washington University Individual Camp



WWU

JULY 3 - 6TH, 2016



## WWU Volleyball Individual Camp

Individual Camp is for girls entering grades 6th -12th. In four days , we pack in a full schedule with a lot of playing. All ages and skill levels are welcome. This camp focuses on individual skills and some team strategies. Skills covered range from passing, setting, blocking, serving and hitting techniques. Team skills are also emphasized in 6 vs 6 games.

Each participant will receive a camp t-shirt and a Baden volleyball to take home at the end of camp. Please visit our website to register online.

<http://www.wwuvikings.com/camps/wwu-camps.html>

# WWU Volleyball Individual Camp

## Daily Schedule

### Sample Schedule

7:00– 8:00 am .....Breakfast  
8:30–11:30 am .....Training Session  
11:30– 1:00 pm.....Lunch  
1:00– 4:00 pm .....Training Session  
4:00-5:30 pm.....Free Time  
5:30– 6:30 pm .....Dinner  
6:30– 9:00 pm .....Training Session  
11:00 pm.....Lights Out!  
Camp End at Noon On Wednesday.



## Volleyball Camp Overview

- Campers will be taught the six fundamental skills of volleyball: hitting, blocking, overhead passing, forearm passing, serving and floor defense.
- 9 training session where coaches will work on improving players technical and tactical skills.

### WWU Head Coach Diane Flick

is coming off her fourteenth season at the helm of the Viking Volleyball Program. Flick has the most wins as a coach in the programs history, averaging 21 victories per season. She has been Great Northwest Athletic Conference (GNAC) Coach of the Year eight times (2001, 2002, 2003, 2006, 2007, 2010, 2012, 2013) and received AVCA Pacific Region Coach of the Year honors in 2002 and 2007. During Flick's tenure she has had eighteen AVCA All-Americans and eight GNAC Players of the Year award winners.



Flick is a member of the USA Volleyball Cadre for CAP and teaches at clinics administered under the USA Volleyball umbrella. Coach Flick's camp experience is extensive and her philosophy is that while camp is a place to learn new things, it should also be a fun and memorable experience.

# WWU Volleyball Individual Camp

## Cost and Application

**Overnight Campers.....\$325**

**Commuters Campers .....\$280**

Online registration is available for individual camp, a \$100 deposit must accompany your registration application and will be processed on a first-come, first

serve basis. Each camp has limited space, so please register online early. Balance is due week prior to start of camp. A confirmation letter, housing information and directions will be emailed to you upon receiving your deposit.



## Cancellation and Refunds

Your tuition, less a **\$100.00 non-refundable registration fee**, will be returned without question if you cancel your enrollment prior to **May 31st**. Following that date, refunds will be made for medical reasons only. Medical requests for refunds must be accompanied by a signed excuse form from your physician. No refunds will be given to campers who voluntarily leave camp or are sent home for disciplinary reasons. **Camp registration are not transferable.**

## Camp Housing & Roommates

Modern residence halls are used for our camp housing. The halls are monitored 24 hours a day by our WWU residence staff. All resident campers will be housed 2 per room. For your comfort, it is advised that campers bring their own pillow, sleeping bag and towel. **Roommates will be assigned upon arrival on the first day of camp, so if you want to room with someone, check-in at the same time.** Every effort will be made to fulfill all roommate requests on the day of arrival.

# WWU Volleyball Individual Camp

## INFORMATION for Camp

### Registration

All Campers camp (resident and commuter) should check-in at the registration desk on July 3 between 4:00 - 5:30pm. The registration desk will be located at the WWU Residence Halls.

### Meals

Dorm meals begin with breakfast on Monday. There is no dorm food provided before the evening session on Sunday. However, we will have pizza delivered to the dorms for campers to eat on the first night. You may want to bring some extra snacks. All meals will be in the Viking Common.

### Residence Hall Supervision

We have resident advisors (RA's) on staff to be a reference for you in the dorms. Camp Staff will also stay in the dorms to do bed checks, wake up calls and provide supervision. The staff to camper ratio is 1: 15. However, the ultimate responsibility of the campers' behavior lies in each camper's decisions. Visitors are not allowed in the dorms except with the permission of the legal guardian/ parent. Resident campers must be in the dorm by curfew and may NOT bring guests in the dorm. Possession or use of any tobacco, alcohol or drugs is strictly prohibited and would result in the immediate removal from camp at the individual's expense.

### Camp Rules

Campers must attend all sessions; ill campers need to report to their coach, the RA and the training room. Once camp starts, resident campers are not allowed to leave campus unless accompanied by a coach and the RA and camp director have been notified. Commuters must remain on campus during camp until the final session is over. Commuters must check out with their camp coach prior to leaving.



### What to Bring

Bring plenty of comfortable playing clothes and a good pair of volleyball or other court shoes. Non-athletic footwear is not allowed during training sessions. It is advisable that you bring kneepads and a water bottle. July is one of the hottest months in Bellingham and it is going to be important that you keep yourself hydrated.

### Parking

As with any state institution, there is a charge for parking on campus during camp. Please contact the parking office (360-650-2945) to arrange parking passes for overnight and commuter campers.

### Trainer and Medical Attention

We will have a trainer on duty at all times during camp. If you need taping on a regular basis, you should bring your own athletic tape or you may purchase rolls at \$2.50 each. Trainers are not allowed to provide medication so if some is needed to relieve pain or cold symptoms it must be provided by a parent or guardian. Should you need medical attention, the camp staff will take you to the emergency clinic or hospital, depending on the severity of the injury. You must have insurance to cover any cost incurred. **An insurance form must be completed and on file with the camp administrator before a camper is allowed to participate in any activities.**