



Norfolk State University 2009 Summer Volleyball Camps



Individual Camp June 22-25, 2009 – 2 p.m. – 6 p.m.

Ages: 13-18

Cost: \$135 per camper

Camp Limit: 40 campers

Camp Information: The Norfolk State University Individual Camp is a fast-paced, high-energy skills camp intended for players who love to play volleyball and who have a strong desire to improve their volleyball skills. Each player will receive comprehensive instruction based on the same methods utilized by the NSU Volleyball Team. These methods will be taught in a fun, individualized environment that will allow each player to improve quickly while learning the work habits and competitive traits that have made the NSU Volleyball team successful.

Additional Information: Campers will be taught the skills that are necessary to become successful in volleyball. These skills include body positioning, passing, hitting, blocking, serving, and setting. Players will be separated by positions throughout the camp and will get a chance to participate in several competitive games.

Hitting Clinic June 26, 2009 – 9 a.m. – 1 p.m.

Ages: 13 and over

Cost: \$50 per attendee

Clinic Limit: 30 attendees

What to Bring: Kneepads, shoes, water bottle, towel, and a notebook

Clinic Information: Various aspects of hitting will be reviewed, including attacking the volleyball from all positions on the court, footwork, hand contact, and arm swing. Players will be separated by positions throughout the camp and will get a chance to participate in several competitive games.

Setting Clinic June 26, 2009 – 3 p.m. – 7 p.m.

Ages: 13 and over

Cost: \$50 per attendee

Clinic Limit: 30 attendees

Requirements: Clinic attendees must be setters for junior high, high school, or club teams

What to Bring: Kneepads, shoes, water bottle, towel, and a notebook

Clinic Information: Various aspects of setting will be reviewed, including footwork, hand positioning, location, and setting against the grain. Players will be separated by positions throughout the camp and will get a chance to participate in several competitive games.

* Players can attend the hitting and setting clinics for \$90 or can attend the camp and both clinics for \$205.

**All camps are commuter camps.
(No overnight stays)

For more information, contact NSU Head Volleyball Coach Jennifer Fry
at (757) 823-2804 or at jcfry@nsu.edu



NSU 2009 Volleyball Summer Camp Registration Form



Name _____ DOB _____ Age _____

Address _____ City _____ State/ZIP _____

Parent/Guardian _____ Home/Cell Phone _____

School _____ Grade _____

Primary/Secondary Position(s) _____ Dominant Hand _____

No. of Years Playing Volleyball _____

Club Team _____ No. of Years on Club Team _____

- Session Attending:
- Individual Camp - June 22-25, 2009 • 2 p.m. - 6 p.m. - \$135
 - Hitting Clinic - June 26, 2009 • 9 a.m. - 1 p.m. - \$50
 - Setting Clinic - June 26, 2009 • 3 p.m. - 7 p.m. - \$50
 - Hitting and Setting Clinics - \$ 90
 - Individual Camp and both clinics - \$ 205

- Please make checks or money orders payable to NSUAF-Volleyball.
- Registration forms can be returned by mail to: NSU Volleyball, 700 Park Avenue, Norfolk, VA 23504
- Registration forms will be accepted at the camp and clinics, but they **MUST** be accompanied by the registration fee.

I hereby authorize the director of the NSU 2009 Volleyball Summer Camp to act in any emergency requiring medical attention. My child is physically able to participate in volleyball camp activities according to our family physician.

I will not hold Norfolk State University, the Norfolk State University Athletics Department, the coaches/instructors, or the NSU 2009 Volleyball Summer Camp responsible for any liability due to injuries resulting from participation in the NSU 2009 Volleyball Summer Camp. I realize any injuries resulting from this clinic will be covered by my family's health insurance and/or clinic insurance.

Parent's Signature

Date