

BETHEL UNIVERSITY

CHRISTIAN VOLLEYBALL CAMPS



Advanced Skills Camp
July 28-31, 2008
Day Camp
August 4-5, 2008

Join us this summer for Bethel University's unique approach to sports camps! We offer camps for volleyball players of all skill levels; those with very little experience, as well as for those who are top athletes on their high school teams.

About the Camps

Bethel Christian Volleyball Camps provide opportunities for players to reach their potential through athletic and spiritual training. Campers receive non-denominational instruction from Christian coaches and players so that players from all backgrounds feel welcome. Campers will get the personal instruction needed to improve in the physical parts of the game, but will also learn how faith can be incorporated into athletics.



Despite the growth of Bethel University Volleyball Camps in the last several years, the ratio of coach to camper remains very low, with approximately one coach to every six campers.

With security-monitored entrances and exits to the campus after dark, Bethel is a great location to send your daughter for an overnight camp!

Special Features of Bethel Camps

- ❑ Videotape analysis of skills
- ❑ Camp store available to purchase shoes, Active Ankles, kneepads, and volleyball apparel on the last day of camp

Camp Director

Gretchen Hunt has been the head volleyball coach at Bethel University for seven years, compiling an overall record of 136-90. In 2001 and 2007, Bethel received a bid to the NCAA National Tournament, and in 2007 finished the season ranked 21st nationally. In addition, Hunt has coached several Junior Olympic volleyball teams, taking four to USAV Junior Nationals. She has worked summer camps for the past 15 years.



Camp Staff

Carissa Carroll, Assistant Coach, Bethel University • **Joe Dworak**, Assistant Coach, College of St. Catherine • **Kari Eakins**, Head Coach, Maranatha Christian Academy • **Annie Fonio**, Former Head Coach, Club Adidas • **Larry Hegerle**, Head Coach, Kasson-Mantorville High School • **Jane Krier**, Head Coach, Byron High School • **Kimmie Moehring**, Head Coach, Crown College • **Angie Nies**, Assistant Coach, Bethel University • **Kayla Smith**, Former Head Coach, Crossfire Volleyball

Current Bethel volleyball players will also assist the coaches and offer instruction.



Bethel University Volleyball Camps
3900 Bethel Drive
St. Paul, MN 55112

Advanced Skills Camp July 28-31, 2008

This individual skills camp is designed for female athletes with competitive volleyball experience entering grades 9-12. The camp is not intended for beginning players; athletes who attend should have experience playing specific positions of setter, hitter, or defensive specialist. Instructional groups will be formed according to skill level. Individual play and fundamentals specific to each position will be stressed, but many team concepts will also be introduced. The camp will end with a team "tournament" on the last day. **Cost is \$350 (\$300 for commuters); a \$100 nonrefundable deposit is required with registration. Cost is reduced \$10 per player for registrations received before March 1, 2008.** Includes instruction, room and board, pizza parties, insurance, T-shirt, volleyball, sports New Testament, on-site trainer, and full use of Bethel University facilities. Applicants will be accepted in the order received until camp limit of 110 is reached.



A confirmation letter, camper instruction sheet, directions to Bethel, and a daily schedule will be emailed to you upon receipt of your application.

Advanced Skills Camp Tentative Schedule

Monday

| | |
|-----------------|---------------------|
| 8–10 a.m. | Registration |
| 10–10:30 a.m. | Opening |
| 10:30 a.m.–noon | Testing |
| noon–12:15 p.m. | Small groups |
| 12:30–1:30 p.m. | Lunch |
| 1:30–4:30 p.m. | Skill sessions |
| 4:30–5:30 p.m. | Rest and relaxation |
| 5:30–6:15 p.m. | Dinner |
| 6:30–8:30 p.m. | Team practice |
| 8:30–9:15 p.m. | Chapel & worship |
| 9:15–11 p.m. | Pizza party |

Tuesday & Wednesday

| | |
|-----------------|----------------------|
| 7:30–8 a.m. | Breakfast |
| 9 a.m.–noon | Skill sessions |
| noon–12:15 p.m. | Small groups |
| 12:15–1:30 p.m. | Lunch |
| 1:30–2 p.m. | Competitions |
| 2–4 p.m. | Position practices |
| 4–5:30 p.m. | Rest and relaxation |
| 5:30–6:15 p.m. | Dinner |
| 6:30–8:30 p.m. | Team practice |
| 8:30–9:15 p.m. | Chapel & worship |
| 9:15–11 p.m. | Movie or pizza party |

Thursday

| | |
|-----------------|--------------------|
| 7:30–8 a.m. | Breakfast |
| 8–9 a.m. | Pack |
| 9:15–9:45 a.m. | Awards & devotion |
| 9:45–10:30 a.m. | Final practices |
| 10:30 a.m.–noon | Team competition |
| noon–1:30 p.m. | Lunch, room checks |
| 1:30–3:15 p.m. | Team competition |
| 3:30–4:30 p.m. | Check out |

Day Camp August 4-5, 2008

This individual skills camp is for intermediate-level athletes (generally grades 6-8) with one to three years of volleyball experience. The camp is designed to facilitate the development of self-confidence and discipline by challenging athletes in a high-energy and supportive environment. Individual play and the fundamentals of passing, setting, hitting, and serving will be stressed. **Cost is \$120; a \$40 nonrefundable deposit is required with registration. Cost is reduced \$10 per player for registrations received before March 1, 2008.** Includes instruction, lunch, insurance, T-shirt, volleyball, devotion materials, and full use of the Bethel University facilities. Applicants will be accepted in the order received until camp limit of 60 is reached.

A confirmation letter, camper instruction sheet, and directions to Bethel will be emailed to you upon receipt of your application.

Day Camp Tentative Schedule

Monday - Tuesday

| | |
|--------------------|---------------------|
| 9 – 10:30 a.m. | Skills and drills |
| 10:30 – 10:45 a.m. | Break and devotions |
| 10:45 a.m. – noon | Skills and drills |
| noon – 1:30 p.m. | Lunch break |
| 1:30 – 3 p.m. | Skills and drills |
| 3 – 3:15 p.m. | Break and devotions |
| 3:15 – 4:30 p.m. | Team activities |

Early Registration Discount
All registrations received before
March 1, 2008, will be
discounted \$10 per player.

Bethel University Volleyball Camp Registration

Return this form with the required deposit to:
Bethel University Volleyball Camps, 3900 Bethel Drive,
St. Paul, MN 55112-6999 • Phone: 651.638.6790

- Advanced Skills Camp **commuter**. My \$100 deposit is enclosed, and \$200 is due upon arrival (less \$10 for early registrations).
- Advanced Skills Camp **overnight camper**. My \$100 deposit is enclosed, and \$250 is due upon arrival (less \$10 for early registrations).
- I will attend the Intermediate Day Camp. My \$40 deposit is enclosed, and \$80 is due upon arrival (less \$10 for early registrations).

1. Name: _____

2. Mailing Address: _____

3. Email address (will receive confirmation at this address): _____

4. Phone: (_____) _____

5. School: _____

6. Grade in School in '08-'09: _____

7. Position (Circle - Required for Advanced Skills Camp):
setter • middle • outside hitter • libero • unknown

8. T-shirt (**adult sizes**): XL L M S

9. Roommate preference for overnights (if any): _____

I certify that my child has been examined by a physician and found to be in good health and able to compete in all activities without restriction. I authorize the directors of the Bethel Volleyball Camp to act for me according to their best judgment in an emergency requiring medical attention. I hereby release Bethel University, Bethel Volleyball Camps, and their employees from all claims resulting from any injury my daughter sustains while attending camp.
Parent/Guardian Signature _____