



Volleyball Camp Descriptions 2017

July 15 - College Prep Camp - \$160 - (9am-4pm) - Grades 9-12

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. 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.

Cost \$160

Grades 9 - 12

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

Session 1- 9:00am to 12:00pm in Jenison Field House

Lunch Break - 12:00pm to 1:00pm - Lunch is Provided

Session 2- 1:00pm to 4:00pm in Jenison Field House

July 17-19 - HS Competitive Team Camp - \$325 Resident / \$265 Commuter - Grades 9-12

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 the 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.

Cost \$325 Resident / \$290 Commuter

Register at : <https://sportscamp.msu.edu/signupsolo.php>

Make sure to put Gibraltar Carlson as your school

Monday, July 17

- Registration **8:00-9:00am** @ Munn Ice Arena (1 Chestnut Rd, East Lansing, MI 48824) - High School Coaches will register the entire group!
- Morning session starts at **9:00am** For Competitive Team Campers -Jenison Field House (223 Kalamazoo St, East Lansing, MI 48824) - 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 18

- 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 19

- 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:

- 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.**

July 20-22 -- All Skills Overnight Camp - \$350 Resident / \$290 Commuter - Grades 5-12

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.

Cost \$350 Resident / \$290 Commuter