

## CAMP STAFF



### MIKE HEBERT

Head Coach, University of Minnesota

- 34 years head coaching experience
- 2006 AVCA Hall of Fame Inductee
- Two-time National Coach of the Year (including 2003 *Volleyball Magazine* National Coach of the Year)
- Five-time Big Ten Coach of the Year
- Four Final Four appearances (including 2004 and 2003)
- Five Big Ten Titles
- Has coached 15 different All Americans to 23 All-American Awards
- One of five active coaches with over 800 career victories



### SCOTT SWANSON — CAMP DIRECTOR

Associate Head Coach, University of Minnesota

- Coached the USA A-2 team in 2009 to Bronze Medal at the U.S. Open Championships.
- Just completed third season at the University of Minnesota
- Technical director and defensive coordinator for Minnesota Volleyball
- Division I head coach at the University of Texas El Paso 2002-2005
- Associate Head Coach: Arizona State University 1996-2002



### LAURA BUSH — CO-CAMP DIRECTOR

Assistant Coach & Recruiting Coordinator, University of Minnesota

- Former Head Coach at University of Auburn and Marquette University
- Former Assistant coach at Michigan State (Final Four in 1995)
- Former Two time All American Middle Blocker at University of Illinois
- Played all four years for Coach Hebert at Illinois.

## ALSO FEATURING

- University of Minnesota past and present players
- Collegiate, high school and club coaches from across the country

*Minnesota Volleyball Camps are open to any and all campers between the ages of 10 and 18.*

### CONTACT US WITH QUESTIONS:

REGISTRATION FORM ON THE WEB:  
[www.mnVolleyballCamps.com](http://www.mnVolleyballCamps.com)

EMAIL QUESTIONS OR COMMENTS:  
[info@mnvolleyballcamps.com](mailto:info@mnvolleyballcamps.com)

## POSITIONAL CAMPS

This camp focuses on specialized training and skill development. Each camper must choose from one of the following areas:

- **Setters**
- **Hitters**
- **Ball Control** (We recommend this camp for players of ALL positions. Ball Control camp will focus on passing, floor defense and non-setter setting. Come learn the techniques that have made the Gophers the best ball control team in the country!!)

Athletes will be separated by grade/skill level. Campers must bring their own lunch. Campers will NOT be allowed to leave camp to purchase lunch.

### POSITIONAL CAMP I

July 5-6  
TIMES: 9 a.m. – 3 p.m.  
GRADES: 6-12 COST: \$215

### POSITIONAL CAMP II

July 7-8  
TIMES: 9 a.m. – 3 p.m.  
GRADES: 6-12 COST: \$215

### POSITIONAL CAMP III

July 9-10  
TIMES: 9 a.m. – 3 p.m.  
GRADES: 6-12 COST: \$215

### POSITIONAL CAMP IV

July 26-27  
TIMES: 9 a.m. – 3 p.m.  
GRADES: 6-12 COST: \$215

### COMBINATION PACKAGE I

Attend two Positional Camps (for a total of four days)  
You may choose a different positional focus at each camp  
COST: \$375

### COMBINATION PACKAGE II

Attend any three Positional Camps (for a total of six days)  
You may choose a different positional focus at each camp  
COST: \$550

## CAMP INFORMATION

### THINGS TO KNOW

- There will be a one hour lunch break daily for all camps. Campers must either bring their own lunch or lunches may be pre ordered for delivery each day.
- Campers will NOT be allowed to leave camp to purchase lunch without a parent or guardian.
- Wear comfortable tennis shoes that are already broken in.
- Bring a water bottle.
- Camp Registration will occur at the Williams Arena daily entrance.
- Daily camp check-in will occur at the Sports Pavilion. Camp will begin and end each day at the Sports Pavilion for all camps.

### CAMP HIGHLIGHTS

- Meet the Gopher players and coaching staff
- Camp T-Shirt
- Athletic Trainer at all campus camps.

## CAMPUS TEAM CAMP & ROCHESTER TEAM CAMP

- July 15-17 (U of M campus)
- June 14-16 (Rochester National Volleyball Center - Air Conditioned facility)
- TIMES: 9 a.m. – TBA (depending on number of teams participating)
- VARSITY LEVEL: Teams of 8 (minimum) or more
- COST: \$150 per player
- ON-LINE REGISTRATION NOW AVAILABLE FOR BOTH TEAM CAMPS

This camp will give your team the opportunity to compete against other top teams in the Midwest prior to the start of the high school year. Previous summer camps we've had the eventual Minnesota 5A State Champions, Runner's up, third place team and several State tournament qualifiers. All matches will be played in the Sports Pavilion, Student Recreation Center or Bierman Field Athletic Building. Each match will be refereed by a member of the Gopher Volleyball Camp Staff.

High School coaches are allowed to coach their own teams. Each team is required to have an adult coach accompany and remain with the team at camp. The coach will serve as the camp contact for the team. Gopher Volleyball Camps will communicate all instructions leading up to camp through the adult coach.

### SPECIAL FEATURES:

- All Teams are guaranteed at least two matches per day and possibly up to a total of nine matches over the course of the 3 day camp.
- Each team will be given a DVD of at least one of their matches and the semifinals and finals will also be recorded and given to the head coaches of the teams in these matches.
- On-court training sessions with a member of the Gopher Volleyball camp staff.
- An optional match video analysis by a member of the Gopher Volleyball camp staff. (Campus camp)
- An optional team strength and conditioning session with a Gopher Strength Coach. (Campus camp)

## LITTLE SPIKER CAMP

- July 26-27
- TIMES: 8 a.m. – 11 a.m.
- AGES: 6-10 COST: \$85

This camp will teach the basic skills of volleyball and team work while allowing all the Little Spikers to have a lot of fun learning from the Gopher players!

## MINNESOTA ELITE SKILLS CAMP

- July 28-29
- TIMES: 9 a.m. – 4 p.m.
- AGES: 15-18 COST: \$225

This camp is designed for Elite level volleyball players who want to prepare for the college level. We will train the skills that have made the Gopher volleyball program into a National contender. Training sessions will be run like a Gopher Volleyball practice. Athletes attending this camp should have travel team club experience or high level varsity experience all campers will be separated by skill level. This camp is not designed for basic or intermediate level players. Campers must bring their own lunch.

## REGISTRATION FORM

CAMPER NAME		YR OF HS GRADUATION	
PARENT/GUARDIAN		BIRTHDATE	
ADDRESS			
CITY		STATE	ZIP
EMAIL ADDRESS			
PHONE NUMBER		T-SHIRT SIZE (CIRCLE ONE)	
<input type="checkbox"/> <b>Positional Camp I (July 5-6)</b> <input type="checkbox"/> Setter (S) <input type="checkbox"/> Hitter (H) <input type="checkbox"/> Ball Control (BC)		\$215	
<input type="checkbox"/> <b>Positional Camp II (July 7-8)</b> <input type="checkbox"/> S <input type="checkbox"/> H <input type="checkbox"/> BC		\$215	
<input type="checkbox"/> <b>Positional Camp III (July 9-10)</b> <input type="checkbox"/> S <input type="checkbox"/> H <input type="checkbox"/> BC		\$215	
<input type="checkbox"/> <b>Positional Camp IV (July 26-27)</b> <input type="checkbox"/> S <input type="checkbox"/> H <input type="checkbox"/> BC		\$215	
<input type="checkbox"/> <b>Combination Package I</b> Camp 1 Position: <input type="checkbox"/> S <input type="checkbox"/> H <input type="checkbox"/> BC Camp 2 Position: <input type="checkbox"/> S <input type="checkbox"/> H <input type="checkbox"/> BC		\$375	
<input type="checkbox"/> <b>Combination Package II</b> Camp 1 Position: <input type="checkbox"/> S <input type="checkbox"/> H <input type="checkbox"/> BC Camp 2 Position: <input type="checkbox"/> S <input type="checkbox"/> H <input type="checkbox"/> BC Camp 3 Position: <input type="checkbox"/> S <input type="checkbox"/> H <input type="checkbox"/> BC		\$550	
<input type="checkbox"/> <b>Rochester Team Camp (June 14-16)</b>		\$150 per player	
<input type="checkbox"/> <b>Campus Team Camp (July 15-17)</b>		\$150 per player	
TEAM NAME			
COACH NAME		COACH EMAIL	
<input type="checkbox"/> <b>Little Spiker Camp (July 26-27)</b>		\$85	
<input type="checkbox"/> <b>Minnesota Elite Skills Camp (July 28-29)</b>		\$225	

**TOTAL ENCLOSED: \$** \_\_\_\_\_

Payable to: **Minnesota Volleyball Camps**  
P.O. Box 13094 • Minneapolis, MN 55414-5057  
please complete the consent form on back side of registration

We prefer on-line registrations ([www.mnvolleyballcamps.com](http://www.mnvolleyballcamps.com)) but will accept registrations through the mail.

## MEDICAL RELEASE

Event \_\_\_\_\_

Organization Conducting Event \_\_\_\_\_

Participant's Name \_\_\_\_\_

Address \_\_\_\_\_

City \_\_\_\_\_ State \_\_\_\_\_ Zip \_\_\_\_\_

Contact person in case of emergency:

Name \_\_\_\_\_ Relation \_\_\_\_\_

Phone \_\_\_\_\_

Medical conditions, impairments and allergies of which the staff of the Organization and/or University of Minnesota should be aware:

\_\_\_\_\_

\_\_\_\_\_

(Insert "none" if none)

I understand and agree that some activities occurring as a part of or incidental to the Event may be of a hazardous nature and/or include physical and/or strenuous activity. Understanding this, I state that I have no medical condition or impairment, including the use of medication that might inhibit my active participation in the Event named above.

In the case of an injury or medical emergency, I authorize the staff or employees of Organization and/or the University of Minnesota to render first aid and/or obtain whatever medical treatment he/she deems necessary for my welfare. I further understand and agree that I will be financially responsible for all charges and fees incurred in the rendering of said treatment regardless of whether my medical insurance would cover such charges and fees.

I have read and understand agree to the terms and conditions of this release.

Print Name \_\_\_\_\_

Signature \_\_\_\_\_

Date \_\_\_\_\_

(If participant is under the age of 18, Parent/Legal Guardian's signature)

I am the parent or legal guardian of the minor \_\_\_\_\_ and am signing this release on behalf of the minor. (Print child's name)

## CAMP FACILITIES

Minnesota Volleyball Camps will be held on the campus of the University of Minnesota. The primary site for camp will be at the home of Minnesota Volleyball, the Sports Pavilion.

The 5,800 seat Sports Pavilion is a volleyball specific arena. The Sports Pavilion provides the Gopher volleyball team with a tremendous home court advantage. Minnesota Volleyball has some of the best fans in the country and is consistently ranked in the Top 5 in National Attendance (Ranked #4 in the country in 2009). The Sports Pavilion is one of the best volleyball facilities in the country and will provide a special environment for your camp experience.

Bierman Field Athletic Building, Student Recreation center and Cooke Hall will also be used for camp.



### FEES & ELIGIBILITY:

Full payment is due with this registration form for Day Camp. We accept personal checks made out to Minnesota Volleyball Camps, LLC. On-line registration with credit card payment is preferred. Confirmation letters will be sent via e-mail four weeks prior to the start of camp. Please include an e-mail address for the confirmation letter to be sent to. Payments should be mailed to the address listed on the registration form. Enrollment is limited!!!

### INSURANCE:

Minnesota Volleyball Camps does not provide medical insurance. Each camper will be required to complete the signed parent consent form to waive and release Minnesota Volleyball Camps and the University of Minnesota from any and all liability for any injuries incurred while at camp. Minnesota Volleyball Camps reserves the right to refuse any camper with pre-existing medical and/or physical history.

### CANCELLATIONS / REFUNDS:

All cancellations must be postmarked and received in writing by May 15, 2010. If cancellation is received before this deadline, payment will be returned except for a \$100 deposit per camp. After this deadline, 0% of your paid balance will be returned unless there is a medical circumstance, in which case documentation is required. Minnesota Volleyball Camps, LLC reserves the right to change and/or cancel camps at any time, in which case full refunds will be returned.

### DISMISSAL POLICY:

There will be no refund for any camper dismissed from camp. Grounds for dismissal include, but are not limited to: vandalism, use of alcohol, drugs or tobacco products, harassment and not following verbal instructions/rules.

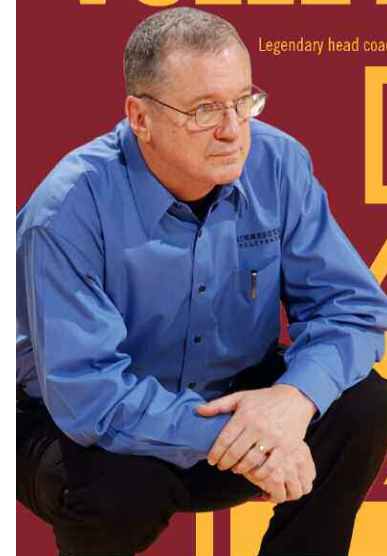
MINNESOTA VOLLEYBALL CAMPS  
PO Box 13094  
Minneapolis, MN 55414

# 2010 SUMMER CAMPS

2009 Nationally Ranked #9 With the #1 Nationally Ranked Recruiting Class  
11 Straight NCAA Tournament Appearances • 2006 NCAA Elite Eight  
2003 & 2004 NCAA Final Four • 2004 National Finalist



# MINNESOTA VOLLEYBALL



Legendary head coach Mike Hebert

MNVolleyballCamps.com