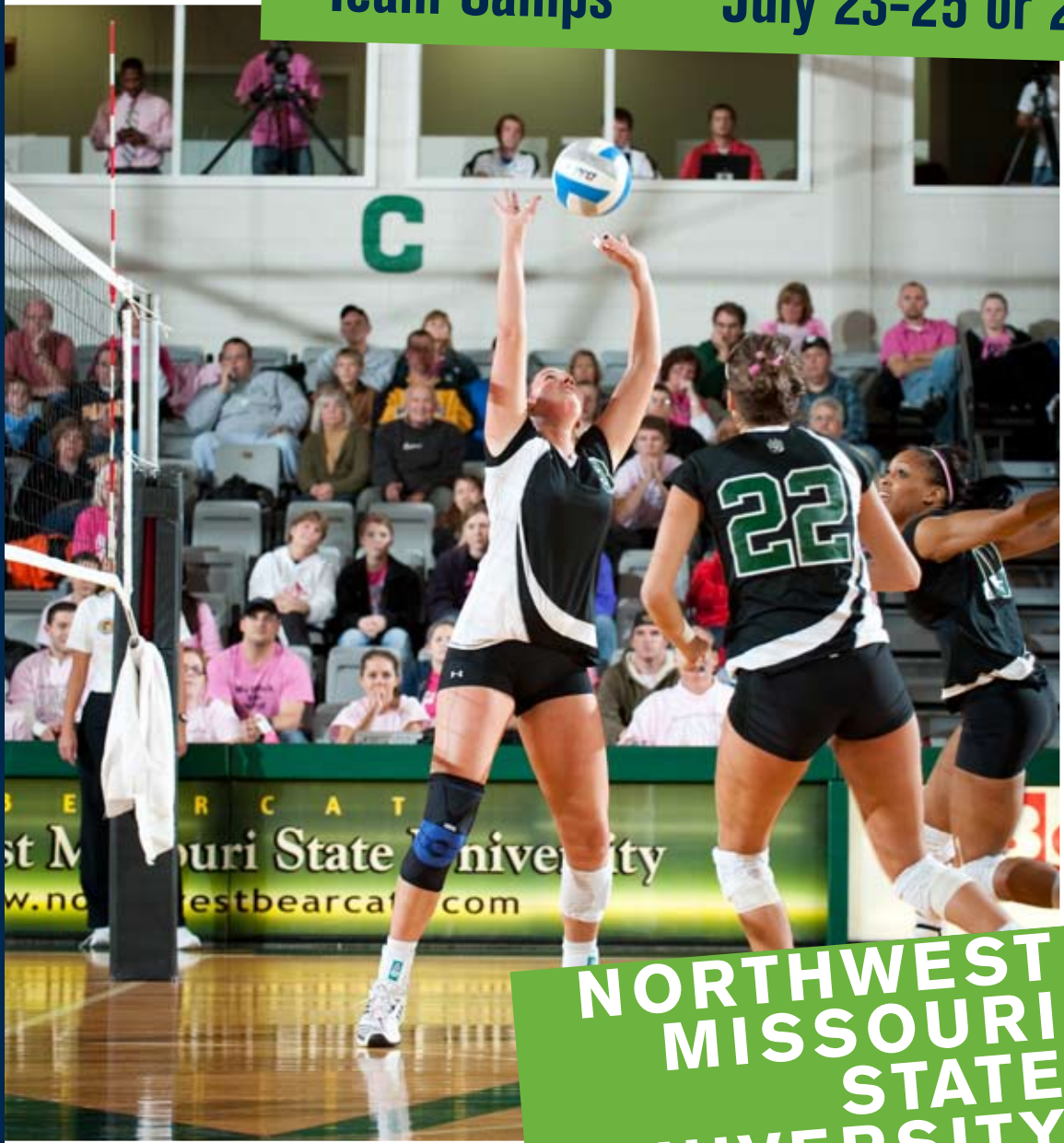


CAMP 2010

Volleyball Camp

Individual Camp I	July 11-13
Individual Camp II	July 18-20
Elementary Day Camp	July 21
Team Camps	July 23-25 or 24-25

VOLLEYBALL



**NORTHWEST
MISSOURI
STATE
UNIVERSITY**

July 11-13 Individual Skills Camp I

- designed for the INTERMEDIATE and ADVANCED player
- open to girls grades 9-12
- training/instruction sessions and camp t-shirt
- great coach-to-camper ratio of 1-to-8
- campers will be grouped by skill level
- individual skills and position training will be emphasized
- campers will also be involved in various competitions throughout camp
- camp tournament and awards

July 18-20 Individual Skills Camp II

- focus is on the fundamental skills – great for BEGINNER players
- open to girls grades 7-10
- training/instruction sessions and camp t-shirt
- great coach-to-camper ratio of 1-to-8
- camp tournament and awards



July 21 Elementary Day Camp

- focus is on fun!
- all basic skills will be covered
- campers eat with Bearcat volleyball players
- includes training/instruction sessions and camp t-shirt

Staff

- Jessica Rinehart, Head Volleyball Coach
- John Yunker, Assistant Volleyball Coach
- Kyla Roehrig, Graduate Assistant Volleyball Coach
- Instruction at the camps will also be provided by area coaches, former and current Northwest players.

Team Camp

- open to high school teams (JV and Varsity)
- excellent way for players to bond prior to the start of the fall season
- minimum of 7 players per team required for team camp
- all teams must be accompanied by a coach/supervisor

OPTION I July 23-25

Cost: \$95 player (includes t-shirt and pizza party on Saturday night) *lodging and other meals not included*
*Lodging option available at additional charge.
See registration form.

Friday, July 23

- 2 team training sessions (2-4:30 p.m. and 6-8:30 p.m.)
- focus is on team drills: team serve receive, team defense, wash drills, etc.

Saturday, July 24 and Sunday, July 25

- competition days (9 a.m.-5 p.m.)

OPTION II July 24-25

Cost: \$75 player (includes t-shirt and pizza party on Saturday night) *lodging and other meals not included*
*Lodging option available at additional charge.
See registration form.

Saturday, July 24 and Sunday, July 25

- competition days (9 a.m.-5 p.m.)

Contact Coach Rinehart to reserve a spot for your team.

Register online at www.bearcatvolleyball.com.

NORTHWEST VOLLEYBALL CAMP REGISTRATION FORM

Name (last, first, middle initial) _____ E-mail address _____

Address _____ City _____ State _____ Zip _____

Social Security Number _____ Home phone _____ Student cell phone _____

Date of birth _____ Height _____ Position _____ School _____ Grade next fall _____ S M L XL (men's T-shirt size)

Coach's name _____ Coach's phone _____

Person to contact in case of emergency _____ Relationship _____ Home Phone _____

Address _____

Does this camper take any medication? Yes No If yes, please explain: _____

If the camper has any limitations or health problems we should be aware of, please explain: _____

Roommate preference _____

Parent's Statement (MUST be signed)

I hereby release Northwest Missouri State University from any responsibility/damages for any injuries resulting from my child's/ward's participation in the Northwest Volleyball Camp. If for any reason it appears that she needs medical attention, I grant permission for her to be referred at the discretion of the Northwest Volleyball Camp and/or Campus Safety staff.

Parent/Guardian signature _____ Date _____



I will attend the following session:

Individual Camp I (Grades 9-12)

- July 11-13 Intermediate/Advanced**
 - overnight camper \$250
 - commuter camper \$200

Check in — Sunday, July 11
 1-2:30 p.m. — overnight campers
 2-2:30 p.m. — commuters
 Check out — Tuesday, July 13, 5-6 p.m.

Camp tournament following checkout - 6:30-8 p.m.

Elementary Day Camp (Grades 1-6)

- July 21** \$40

Individual Camp II (Grades 7-10)

- July 18-20 Beginner**
 - overnight camper \$250
 - commuter camper \$200

Check in — Sunday, July 18
 1-2:30 p.m. — overnight campers
 2-3:30 p.m. — commuter campers
 Check out — Tuesday, July 20, 5-6 p.m.

Camp tournament following checkout - 6:30-8 p.m.

Team Camp (JV and Varsity)

Coach/supervisor MUST CALL to reserve a spot 660.562.1782. ALL REGISTRATIONS MUST BE MAILED TOGETHER.

- July 23-25**
 - commuter camper \$95
 - overnight camper \$120 (no meals included)

Check in — Friday, July 23, 1-2 p.m.
 Camp ends — Sunday, July 24, 5 p.m.

- July 24-25**
 - commuter camper \$75
 - overnight camper \$85 (no meals included)

Check in — Saturday, July 24, 7:30-8:30 a.m.
 Camp ends — Sunday, July 25, 5 p.m.

To receive the Early Bird Discount, you must register by June 19 for the individual camps. A \$50 non-refundable deposit is required with registration for individual camps.
 A \$100 non-refundable deposit is required with registration for team camp.
 Balance is due at check in.
 Make checks payable to
 Northwest Missouri State University Volleyball Camp.

Complete this application and send it along with the deposit to:
 Cashiering Department — Attn: Diana Heitman
 Northwest Missouri State University
 800 University Drive
 Maryville, MO 64468-6001
 or register online at www.bearcatvolleyballcamp.com

VOLLEYBALL CAMPS

Camper Info

- Resident campers will stay in campus residence halls. They will stay two in a room and will be separated by age groups. Roommate preferences will be honored if possible.
- Residence hall assignments will be given upon your arrival.
- Halls will be supervised by camp counselors. Campers must comply with rules as established by the camp director. Campers will be responsible for damage caused to their room or other campus property.
- The Northwest trainer, campus nurse and insurance is available to all campers.
- Meals will be served on campus. However, in the evenings, campers may order pizza.
- Each camper will need to bring a daily supply of socks, t-shirts, shorts or spandex, towels, soap, toothbrush, deodorant, gym shoes, knee pads and twin bedding (or a sleeping bag).
- Volleyball merchandise will be available for sale at the camp store.



SATELLITE CAMPS AVAILABLE
Northwest's camp staff will travel to your community
to put on a comprehensive volleyball camp.
For details, contact Coach Rinehart.

QUESTIONS

JESSICARINEHART

660.562.1782 phone

660.562.1493 fax

jrine@nwmissouri.edu



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