

Camp Director

Frank Lavrisha



Coach Lavrisha has directed hundreds of camps and clinics at Regis University and elsewhere. Now entering his 25th season as head coach, he has led the Rangers to 15 appearances in the NCAA Division II Championships. A graduate of Ohio State University, Coach Lavrisha has produced 15 All-Americans and 6 Academic All-Americans as well as the 1998 NCAA Player of the Year and Honda Division II Player of the Year.

Assistant Camp Director

Joel List



This is Coach List's sixth camp season. He is the assistant coach for the Regis Rangers Women's Volleyball Team. Coach List has an integral role in all facets of the program. Specifically, he oversees recruiting, directs the strength and conditioning program, implements the statistical/video programs, as well as on court coaching. His contributions are getting the Rangers back into national prominence.

REGISTRATION

A non-refundable deposit of \$70.00 must accompany the attached registration form. The camps have sold out in previous years. Register Early!

CANCELLATION AND REFUND POLICY

The \$70.00 deposit is non-refundable. Refunds, on balances above the deposit, will only be made up to four weeks before the camp minus a \$10 service fee. No refunds will be granted to campers who voluntarily leave camp or who are sent home for rules violations. Other actions are at the discretion of the Camp Director.

OVERNIGHT CAMPERS

Campers will stay in the Regis University Residence Halls on campus. There are two campers per room. Indicate your roommate preference on the registration form. Bring your own linen and towels.

Regis Volleyball Camps
3333 Regis Blvd., F-20
Denver, CO 80221
303-964-3688



Go to www.regisvolleyballcamps.com for camp registration, volleyball resources, and camp details.



Step Up
Your Game

S skills
(June 13-16)

T total player
(July 11-14)

E elite
(July 18-20)

P position
(July 21-23)



Registration Form (please print)

Camper
 Address.....
 City.....
 State Zip

Phone number.....
 E-mail address.....
 School.....
 Coach.....
 Club.....

High School Graduation Year.....

T-Shirt Size (circle one) YOUTH L SMALL MED LARGE XL

Parent's Names.....
 Work Phone.....
 Roomate Preference.....

Please return registration with a non-refundable deposit check of \$70.00 made out to

Regis Volleyball Camps and send form to:

Regis Volleyball Camps
 3333 Regis Blvd., F-20 • Denver, CO 80221

Check boxes that apply for your camp, position, and/or meal plan:

- Skills Camp (June 13-16) COMMUTER COMMUTER-No Food
- Total Player Camp (July 11-14)
 OVERNIGHT COMMUTER COMMUTER-No Food
- Elite Camp (July 18-20)
 OVERNIGHT COMMUTER COMMUTER-No Food
- Position Camp (July 21-23) Please only mark 1 position
 OVERNIGHT COMMUTER COMMUTER-No Food
 OUTSIDE HITTER MIDDLE HITTER SETTER DS/LIBERO

Parent's Consent:

Print Name..... Date.....
 Signature.....

S skills camp

Open to students entering grades 6-10

- Excellent camper to coach ratio, 8:1
- Custom video feedback provided
- Learn crucial 'keys' to team play
- Camp t-shirt

• June 13-16 •

Check-in: Monday, June 13 at 9:00 a.m.

Check-out: Thursday, June 16 at 4:30 p.m.

TUITION

Commuter with food: **\$255.00**
 Commuter with no food: **\$220.00**

T total player camp

Open to students entering grades 7-13

- Campers assigned to groups by skill level
- Four-day format, excellent staff
- Learn the essential techniques for a complete volleyball skill set
- Special sessions in: *Nutrition, Strength, Conditioning, Sports Psychology, Injury Rehab, and Recruiting*
- Learn keys team play principles
- Outdoor doubles tournament
- Camp t-shirt

• July 11-14 •

Check-in: Monday, July 11 at 9:00 a.m.

Check-out: Thursday, July 14 at 4:00 p.m.

TUITION

Overnight: **\$430.00**
 Commuter with food: **\$355.00**
 Commuter with no food: **\$310.00**

REGISTER ONLINE AT:

www.regisvolleyballcamps.com

E elite camp

Mastery of volleyball skills is necessary

This camp is geared toward elite high school varsity-level athletes. It is a challenging training camp, designed to refine skills and challenge athletes physically and competitively.

- Excellent camper to coach ratio, 8:1
- Custom video feedback provided
- Volleyball skills developed within team systems
- Special recruiting session
- Compete with advanced athletes and coaches
- Camp t-shirt

• July 18-20 •

Check-in: Monday, July 18 at 9:00 a.m.

Check-out: Wednesday, July 20 at 4:00 p.m.

TUITION

Overnight: **\$355.00**
 Commuter with food: **\$305.00**
 Commuter with no food: **\$275.00**

P position camp

Open to students entering grades 8-13

- Train by specific positions: *Outside, Middle, Setter, Libero*
- Excellent specialty coaches
- Camper to coach ratio, 8:1
- Custom video feedback provided
- Camp t-shirt

• July 21-23 •

Check-in: Thursday, July 21 at 9:00 a.m.

Check-out: Saturday, July 23 at 4:00 p.m.

TUITION

Overnight: **\$305.00**
 Commuter with food: **\$255.00**
 Commuter with no food: **\$220.00**

FREE BALL
 if registered by
 March 31st