

Registration Form

Indicate which camp(s) or clinic(s) you wish to attend:

1-Day Clinic (\$90 each)

- Defense Clinic (July 11)**
July 11 Overnight Stay - for those staying from Defense
Clinic to Hitting/Setting Clinic (\$50 includes dinner & breakfast)
- Setting Clinic (July 12)** Can't combine with Hitting Clinic
- Hitting Clinic (July 12)** Can't combine with Setting Clinic
- July 11 Early Arrival for Setting/Hitting - (\$40 includes breakfast)

3-Day Camp #1 (July 7-9)

- Resident Camper (\$280) Day Camper (\$200)
- July 6 Early Arrival - (\$40 includes breakfast)

3-Day Camp #2 (July 13-15)

- Resident Camper (\$280) Day Camper (\$200)
- July 12 Early Arrival - (\$40 includes breakfast)
- July 12 Overnight Stay - for those staying from Setting/Hitting Clinic to 3-Day #2 (\$50 includes dinner & breakfast)

College Prep Camp (July 17-19)

- Resident Camper (\$280) Day Camper (\$200)
- July 16 Early Arrival - (\$40 includes breakfast)

Name: _____ Address: _____

City, State, Zip: _____ Phone: _____

School: _____ Email: _____

Grade Next Year (4-13th): _____ T-Shirt Size: YL S M L XL Gender: M F

Roommate(s) Preference (resident campers only): _____

Any medical information we should know about: _____

Emergency Contact Name & Phone #: _____

READ THIS DOCUMENT COMPLETELY BEFORE SIGNING. ITS EFFECT IS TO RELEASE THE UNIVERSITY OF NORTHERN COLORADO FROM ANY LIABILITY RESULTING FROM YOUR PARTICIPATION IN THE ACTIVITIES DESCRIBED BELOW AND WAIVES ALL CLAIMS FOR DAMAGES OR LOSSES AGAINST THE UNIVERSITY.

RELEASE FROM RESPONSIBILITY, ASSUMPTION OF RISK AND WAIVER

In consideration of my being permitted by the University of Northern Colorado to participate in the University of Northern Colorado Volleyball Camps on the campus of the University of Northern Colorado July 7-19, 2011, I, _____, exercising my own free choice to participate voluntarily in the above named activities, and promising to take due care during such participation, hereby release and discharge, indemnify and hold harmless the State of Colorado acting through the Board of Trustees of the University of Northern Colorado, and their officers, agents, employees, and any other persons or entities acting on their behalf, and the successors and assigns for any and all of the aforementioned persons and entities, against all claims, demands, and causes of action whatsoever, either in law or in equity, relating to injury, disability, death or other harm, to person or property or both, arising from my participation in and/or presence at the above listed activities. I acknowledge that I am aware of any hazards and risks which may be associated with my participation in the above named activities and am unaware of any health issues that would preclude participation. I understand, accept, and assume those hazards and risks, and waive all claims against the State of Colorado acting through the Board of Trustees of the University of Northern Colorado, and other persons as set forth above. I understand that I am solely responsible for any costs arising out of any bodily injury or property damage sustained through my participation in normal or unusual acts or conduct associated with the above named activities.

I have had sufficient time to review and seek explanation of the provisions contained above, have carefully read them, understand them fully, and agree to be bound by them. After careful deliberation, I voluntarily give my consent and agree to this Release, Assumption of Risk and Waiver. Read and executed this _____ day of _____, 20____.

Signature of camper _____ If student is under the age of 18, his/her parent or legal guardian must also sign.

Signature of Parent/Legal Guardian _____ Date _____

Mail Registration and Payment to:
Lyndsey Benson, Head Volleyball Coach
UNC Volleyball Camps
Butler-Hancock Athletic Center, Campus Box 117
Greeley, CO 80639
or FAX to (970) 351-2018

For UNC Athletics Use Only

Date Received _____ Confirmation Sent _____
Check/CC # _____ Amount _____ Due _____
DT:IC 11- _____ Signed release _____

CREDIT CARD PAYMENT

Visa MasterCard Discover

Card #: _____

Expiration: _____

Signature: _____

Printed Name: _____

Enclose \$90 clinic fee and/or \$100 deposit for each camp/clinic to register.

Make checks payable to: UNC Athletics

Questions? Contact Lyndsey Benson at (970) 351-1719 or Lyndsey.Benson@unco.edu

ONE-DAY CLINICS

- All camps and clinics are open to boys and girls entering grades 4-12 except for the College Prep Camp (Grades 9-12). Graduated seniors may also participate.
- All players who attend will receive a camp t-shirt and lunch in the campus dining hall.
- Cost of each clinic is \$90.

Defense Clinic - Monday, July 11

All floor skills are taught, along with seam coverage, overhead digging, serve receive and team defense.

Setting Clinic - Tuesday, July 12

The morning session breaks down the technical aspects of setting while the afternoon session includes jump setting, first tempo sets and combination sets to hitters from the hitting clinic.

Hitting Clinic - Tuesday, July 12

The morning session breaks down the technical aspects of attacking while the afternoon session will focus on back row attacks, first tempo attacks, set combinations, scoring against a defense and blocking. They will get to hit off the setters of similar level in the setting clinic.

FORMAT FOR ALL 1-DAY CLINICS

8:30 - 8:45 am	Check-in (at Campus Rec Center)
9 am - Noon	1st session - fundamentals
Noon - 1 pm	Lunch (provided)
1 pm - 4 pm	2nd session - advanced skills

FORMAT FOR ALL 3-DAY CAMPS

Day 1

8 am - 8:45 am Check-in
9 am - 11:30 am First session
11:30 - 1:30 pm Lunch
1:30 pm - 4:30 pm Second session
4:30 pm - 6:30 pm Dinner
6:30 pm - 8 pm Third session

Day 2

9 am - 11:30 am First session
11:30 am - 1:30 pm Lunch
1:30 pm - 4:30 pm Second session
4:30 pm - 6:30 pm Dinner
6:30 pm - 8 pm Third session

Day 3

9 am - 11 am First session
11 am - 12 pm Lunch
12 pm - 2 pm Camp Tournament
2 pm Dismissal

Early check-in for all camps (for extra night stay) will be from 7:00-7:30 pm at Lawrenson on the night before camp begins. The \$40 fee includes 1-night stay and breakfast. The \$50 fee to stay in between camps/clinics includes dinner, 1-night stay and breakfast.



DEVELOPMENT 3-DAY CAMPS

Three-Day Camp #1 (July 7-9)

Resident campers: \$280 Day Campers: \$200
18 Instructional Hours

Three-Day Camp #2 (July 13-15)

Resident campers: \$280 Day Campers: \$200
18 Instructional Hours

College Prep Camp (July 17-19)

Resident campers: \$280 Day Campers: \$200
18 Instructional Hours

Grades 9-12 only. This camp is intended for high level players with a desire to play in college.

Purpose: The Player Development Camps are designed to improve the individual skill level of the athletes and provide game play experience.

Organization: Player Development campers will be grouped according to their age, ability and gender. The camp will end with game play, scrimmage and a camp tournament.

Fees: The Player Development Camp fee for resident campers includes camp tuition, housing, meals and a t-shirt. The fee for non-resident campers includes camp tuition, t-shirt, camp handbook, lunch and dinner through the last camp session. Campers who would like to arrive the evening prior to camp may do so and receive one night of additional housing and breakfast the following morning for \$40. They will not receive dinner on the night of check-in. If they are staying in between camps/clinics, they will be provided dinner, breakfast and housing for \$50.

What to bring: Players should bring practice clothing, shoes, socks, knee pads, towel, toiletries, warm-up clothes, water bottle and other necessary daily apparel.



Camp Staff:



Director for the University of Northern Colorado clinics and camps is Lyndsey Benson, Head Volleyball Coach. Benson just completed her sixth year as the Bears volleyball coach and is just the fourth head coach in the program's history. Benson has been a member of the Bears' coaching staff for eight years, serving as an assistant coach in her first two seasons. She was promoted to head coach in August 2005. Benson led the team to the 2009 Big Sky Championship and UNC's first NCAA Division 1 tournament. Benson attended Eaton High School and played collegiate volleyball at LSU. Other instructors for the clinics and camps will be Northern Colorado assistant coaches, current and former Northern Colorado athletes, and high school, club and college coaches.



Assistant Coach
Jenny Glenn



Assistant Coach
Tom Hunter



We may have to close camps due to space and camper /coach ratio, so register early.

UNC Team Camp

The University of Northern Colorado Volleyball Team Camp will be held July 21-23. The registration fee is \$350 per team. For more information please call Lyndsey Benson at (970) 351-1719 or ask your high school coach. You must register as a team.

General Information

Housing: Resident campers will be housed in on-campus residence halls. Transportation while at camp will not be needed. Camp instructors will also be housed in the residence halls to assist the campers with any needs. Campers will be housed two, three or four per room. A camper wishing to be assigned a specific roommate should indicate her preference on the registration form. Campers will be provided bedding, towels and pillows. Campers will have 24-hour supervision. Campers who violate residence hall policies will be sent home with no refund of tuition.

A \$50 refundable key deposit is required at check-in. Check or credit card is preferred.

Facilities: All camps and clinics will be held at the Butler-Hancock Sports Pavilion and/or the Campus Recreation Center. These facilities have multiple competitive courts for ample workout space. Housing, dining and activity facilities are located in a close proximity. UNC Volleyball is not responsible for parking tickets. You will be notified of where to park in your confirmation packet. A campus map can be found at www.unco.edu/unccmap.

Refund Policy: There is a \$50 administrative charge for cancellations on all camps and clinics. Cancellations within 1 week of a start date will not receive a refund. No shows will not receive a refund. *Your cancellation must be sent in writing to lyndsey.benson@unco.edu.*

HOUSING AND DINING

Dining and air-conditioned dorm accommodations are all within walking distance of our practice facility, Butler-Hancock Sports Pavilion and the Campus Rec Center.



UNC Volleyball Camps
Butler Hancock Athletic Center
Campus Box 117
Greeley, CO 80639-0434

Summer 2011 University of Northern Colorado VOLLEYBALL CAMPS Greeley, Colorado



- 3-Day Player Development Camp #1 July 7-9
- Defensive Clinic July 11
- Setting Clinic..... July 12
- Hitting Clinic July 12
- 3-Day Player Development Camp #2 July 13-15
- College Prep Camp (Grades 9-12)..... July 17-19
- Team Camp July 21-23

Open to boys and girls grades 4-12.

Register online at www.UNCBears.com

There are no additional fees to register online.