

# The University of Michigan - Dearborn

## 2009 High School Volleyball Skills / Conditioning Camp

### Designed to help you get ready for Fall High School Volleyball Tryouts

### Monday, July 27 thru Thursday, July 30 / 9am-1pm

#### Camp Highlights

- \* Team skills and get into shape for the upcoming fall season in a POSITIVE environment
- \* 2 hour session on Volleyball Skills section 9a-11a
- \* 2 hour session on Volleyball Specific Conditioning section: 11a-1p
- \* Camp T-shirt for all camp participants
- \* Open to all ability levels of High School age girls

#### Skills Section

Learn, refresh, and enhance all the basic skills of the game: Serving, Passing, Setting, Attacking, Blocking, Digging.

#### Conditioning Section

Get into volleyball training shape. Drills and activities will be specifically designed for the game of volleyball.

#### General Camp Information

- \* Space is LIMITED - Register EARLY!
- \* Camp fees: Skills section only: \$50  
Conditioning section only: \$50  
BOTH SECTIONS: \$85
- \* To reserve a spot in camp, send your payment in full - payable to UM-Dearborn.
- \* Camp attire includes comfortable gym clothes, court shoes, a water bottle, and kneepads.
- \* Make sure that you do some exercise and running for a few weeks prior to camp to reduce muscle soreness.
- \* Camper check-in will be held at the Fieldhouse Gym in the lower level hallway 20 minutes before your opening session.
- \* Campers should be dropped off and picked up at the back entrance of the Fieldhouse.

#### Camp Staff

The SKILLS section of the camp will be directed by UMD Volleyball Head Coach, Mike Gibson.

The CONDITIONING section of the camp will be directed by UMD Associate Head Volleyball Coach and Personal Trainer, Al Edwards.

#### Camp Location

Camps will be held at the UMD Fieldhouse. The Fieldhouse is located at 4901 Evergreen Road - Just north of Michigan Avenue - Just west of the Southfield Freeway (Across from the Fairlane Shopping Mall).

**Info: On other UMD Sports Camps:**  
**[www.UMD.UMICH.EDU/Athletics](http://www.UMD.UMICH.EDU/Athletics)**

PLEASE DUPLICATE THIS FLYER AS NECESSARY AND GIVE IT TO A FRIEND, or CALL US & WE'LL SEND THEM ONE

Registration Form 2009      Check:     Both sections: \$85     Skills only: \$50     Conditioning only: \$50

Name: \_\_\_\_\_ Please Print      Phone: ( \_\_\_\_\_ ) \_\_\_\_\_

Address: \_\_\_\_\_      City: \_\_\_\_\_      Zip: \_\_\_\_\_

Age: \_\_\_\_\_ Birthdate: \_\_\_\_\_ / \_\_\_\_\_ / \_\_\_\_\_      Adult shirt size (check):     X-Sm     Sm     Med     Lg     XL

2009-10 Grade: \_\_\_\_\_ School: \_\_\_\_\_      Amount Enclosed: \_\_\_\_\_

I hereby authorize the staff of the University of Michigan-Dearborn and its Camp Staff to act on my behalf according to their best judgment in any emergency requiring medical attention and I waive and release the Camp, its staff, and the Regents of the University of Michigan from any and all liability for the injuries or illnesses incurred while at Camp. I understand that with the nature of activities, injuries are possible and I will cover all expenses incurred. I have no knowledge of any physical impairment that would affect the above named camper's participation in camp.

Insurance Policy #: \_\_\_\_\_      Parent or Guardian's Signature: \_\_\_\_\_      Policy #: \_\_\_\_\_      Date: \_\_\_\_\_      Make Checks Payable to: UM-Dearborn

Mail form & payment to:  
The University of Michigan-Dearborn  
223 Fieldhouse - Summer Camps  
4901 Evergreen Rd.  
Dearborn, MI 48128

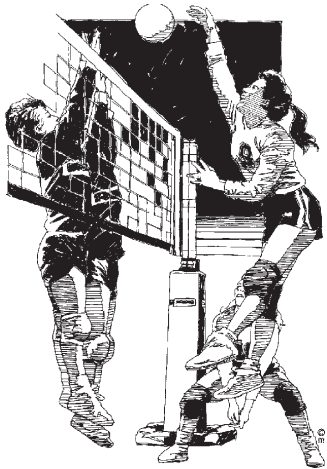
# 2009 High School Volleyball Skills & Conditioning Camp at the University of Michigan-Dearborn

The Department of Athletics & Recreation at the University of Michigan-Dearborn offers a high school camp this year.

We are offering a camp specifically designed to get players and their game in prime shape to give them their best chance entering their high school's tryout.

Two hours of Volleyball Skills training, followed by two hours of Volleyball Specific Conditioning in order to enhance your chances of having a successful tryout.

All players attending will receive a Camp T-Shirt



For more info, call the Camp Office at  
(313) 593-3534

[www.UMD.UMICH.edu/Athletics](http://www.UMD.UMICH.edu/Athletics)

FIRST CLASS

University of Michigan-Dearborn  
223 Fieldhouse - Summer Camps  
4901 Evergreen Road  
Dearborn, MI 48128

# The University of MICHIGAN Dearborn

2009  
Get Ready for  
High School  
VB Tryouts  
CAMP

A detailed line drawing of a volleyball, showing its characteristic hexagonal panels and seams. It is positioned behind the text in the middle section of the poster.

Monday, July 27  
thru  
Thursday, July 30

High School Age ONLY

Skills Section  
9:00am - 11:00am

Conditioning Section  
11:00am - 1:00am

All Ability Levels