



Volleyball Camp Descriptions 2017

July 10 Skills Day Camp - \$150 – (9am-3pm) – Grades 5-12

Michigan State Volleyball's Skills Day Camp is designed to provide campers with the opportunity to learn in a competitive yet fun environment. This "choose your own adventure" style camp allows campers to customize their experience. Campers will choose two skills to work on of the four offered; attacking, blocking, serving or passing/digging. The morning session will focus on the first chosen skill and the afternoon session will focus on the second chosen skill. Campers can expect to touch hundreds of balls while learning Spartan fundamentals pertaining to each skill. **After registration you will receive an email from Michigan State Volleyball with a link requesting which two skills you would like to sign-up for. Campers are able to choose the same skill for both sessions.**

Cost \$150

Grades 5 – 12

Registration from 8:30am to 9:00am in Jenison Field House

Session 1 – 9:00am to 11:30am in Jenison Field House

Lunch Break – No Meals Provided – Campers Bring Own Lunch

Session 2 – 12:30pm to 3:00pm in Jenison Field House

July 11 Skills Day Camp - \$150 – (9am-3pm) – Grades 5-12

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Session 2 – 12:30pm to 3:00pm in Jenison Field House

July 12 – Position Day Camp - \$150 – (9am-3pm) – Grades 7-12

Want to become a complete player? Come to Michigan State Volleyball's Position Day Camp! The camp is targeted at players who have the desire to improve on the fundamentals directly related to their position. It includes training on the techniques of game play including individual skills and strategies. This "choose your own



adventure” style camp allows campers to customize their experience. Campers will choose two positions to work on out of the four offered; outside/rightside attacker, middle blocker, setter 1, setter 2, and first contact. Campers can expect to touch hundreds of balls while learning the Spartan principles pertaining to their specified positions. The sessions will emphasize breaking down skills and techniques specific to each position for improved execution during game situations. **After registration you will receive an email from Michigan State Volleyball with a link requesting which two positions you would like to sign-up for. Campers are able to choose the same position for both sessions.**

Cost \$150

Grades 7 – 12

Registration from 8:30am to 9:00am in Jenison Field House

Session 1 – 9:00am to 11:30am in Jenison Field House

Lunch Break – No Meals Provided – Campers Bring Own Lunch

Session 2 – 12:30pm to 3:00pm in Jenison Field House

July 13 –Middle School All Skills Day Camp - \$130 – (9:30am-3pm) – Grades 5-8

This is a day camp that will combine the six major skills (passing, setting, blocking, defense, serving, and attacking) of volleyball into a single day of fast paced training and game-like drills. Open to middle school athletes (as of September) and grouped according to age and skill level, the goal is to meet the needs of each individual camper. Campers will be exposed to team systems that will help prepare them for scholastic, recreational, club and college programs. Camp will conclude with a competition that will crown our “Queens of the Court!”

Cost \$130

Grades 5 – 8

Registration from 9:00am to 9:30am in Jenison Field House

Session 1 – 9:30am to 11:30am in Jenison Field House

Lunch Break – 11:30am to 1:00pm - Campers Bring Own Lunch, Planned Lunch Time Activities

Session 2 – 1:00pm to 3:00pm Jenison Field House

Other Notes:

- Grades 5 to 8.
- This camp is designed to teach through training and will involve various competitive drills.
- Please leave valuable items at home or with a parent: ipods, dvd players, computers, cell phones, purses.
- Campers do not have the option of staying overnight.

July 15 – College Prep Camp - \$160 – (9am-4pm) – Grades 9-12

This camp reaches out to high school athletes who are looking to improve their skills for their respected high school teams, club teams, and those who want to play at the next level. We designed this camp to emulate



Spartan drills, skills, and culture that you will be able to take back to your teams in the fall. We will focus on six major skills (passing, setting, blocking, defense, serving and attacking) and incorporate speed, team systems, and strategies to broaden your knowledge and skill set for the game. This camp is targeted at those who play high school volleyball, club volleyball, and/or want to continue to play volleyball at the next level.

Cost \$160

Grades 9 – 12

Registration from 8:30am to 9:00am in Jenison Field House

Session 1- 9:00am to 12:00pm in Jenison Field House

Lunch Break – 12:00pm to 1:00pm – Lunch is Provided

Session 2- 1:00pm to 4:00pm in Jenison Field House

*Transportation to and from local airport may be arranged at an additional cost. Please contact Volleyball directly 517-353-1756

July 17-19 – HS Competitive Team Camp - \$325 Resident / \$265 Commuter – Grades 9-12

Please check with your HS Coach to ensure that they have reserved a spot for your team through the MSU Volleyball Office (517-353-1756) before enrolling. Designed to allow teams to grow and improve through match experience. Campers can expect to play in 15+ competitions during camp against many different high school teams from Michigan and the surrounding states. Teams will compete against other teams of equal talent level and will be challenged throughout the entire 3 day camp. Individual skill sessions, coached by MSU Coaches and players, will be held to help fine-tune setting, attacking, and defensive skills. Teams should have 8-10 members each. MSU provides room and board for 1 coach per team. Each additional coach requires a \$75 fee to cover meals and room and board. Coaches should have each team member enroll online individually after their team has been registered.

Cost \$325 Resident / \$290 Commuter

Monday, July 17

- Registration **8:00-9:00am** @ Munn Ice Arena (1 Chestnut Rd, East Lansing, MI 48824) – High School Coaches will register the entire group!
- Morning session starts at **9:00am** For Competitive Team Campers –Jenison Field House (223 Kalamazoo St, East Lansing, MI 48824) – Practice, demos, conditioning, training, team building, etc.
- Afternoon and evening session will be Tournament Play and include teams from Competitive Team Camp AND Shootout.
- Competitive play concludes at **8:00pm**– parents welcome.

Tuesday, July 18

- Morning session starts at **9:00am** For Competitive Team Campers –Jenison Field House – Practice, demos, conditioning, training, team building, etc.
- Afternoon and evening session will be Tournament Play and include teams from Competitive Team Camp AND Shootout.
- Competitive play concludes at **8:00pm**– parents welcome.

Wednesday, July 19



- Morning session starts at **9:00am** For Competitive Team Campers –Jenison Field House – Practice, demos, conditioning, training, team building, etc.
- Afternoon and evening session will be Tournament Play and include teams from Competitive Team Camp AND Shootout.
- Competitive play concludes at **4:00pm**– parents welcome.
- Checkout at **4:00pm**

Other Notes:

- 1 High School coach fee is paid for through their camper's fees. Additional coaches will be housed and fed for an additional fee.
- High School coaches should reserve a space for their team(s) by calling the MSU Office 517-353-1756 ... Please contact your high school coach to see if your team will be attending.
- JV and Varsity teams welcome, minimum of 8 players to form a team.
- Teams are expected to bring a coach to this camp – MSU does not provide a coach for every team as this is a competitive tournament style camp.
- Dorms are monitored 24 hrs a day, with trainers housed overnight, as well as night watch at entrance/exits.
- What to Bring: Pillow, sheets (if prefer own), toiletries, fan, snacks, water, bathing suit, towel, spandex, t-shirts, kneepads, spending money for camp store and pizza at dorms
- Please leave valuable items at home or with a parent: ipods, dvd players, computers, cell phones, purses.
- Commuters get lunch and dinner – no breakfast – and have paid for all sessions, including the evening.
- Conference Assistant Programming will be available for residents after the evening session from 8-9:30pm and MAY include swimming, dancing, movies, etc... depending on the night of the week. **Please bring a swimsuit as requests to swim in spandex and sports bra won't be granted.**

July 17-19 – Shootout Team Camp - \$165 (no resident option) – Grades 9-12

New in 2012, the Shootout option of the Competitive Team Camp provides teams with a chance to compete in the 3-day tournament with 30+ area high schools without breaking the bank. Teams that join the shootout can expect to play 15-20 competitions over the 3 days (afternoon and evening sessions) and have equal chance to be crowned tournament champs as teams that join the competitive team camp. This option does **NOT** include meals or overnight stay on campus, or morning session of each day as it is a competition-only option. Teams should have 8-10 members each. Coaches should have each team member enroll on-line individually after their team has been registered with MSU Volleyball Office (517-353-1756).

Cost \$165

Monday, July 17

- Registration: **12:30-1pm** @ Jenison – High School Coaches will register the entire group!
- Tournament play to begin at **1:30pm** – warm-ups before.
- Afternoon and evening session will be Tournament Play and include teams from Competitive Team Camp AND Shootout.
- Competitive play concludes at **8pm** – parents welcome.

Tuesday, July 18



- Tournament play to begin at **1:30pm** – warm-ups before.
- Afternoon and evening Session will be Tournament Play and include teams from Competitive Team Camp AND Shootout.
- Competitive play concludes at **8pm** – parents welcome.

Wednesday, July 19

- Tournament play to begin at **1:30pm** – warm-ups before.
- Afternoon and evening Session will be Tournament Play and include teams from Competitive Team Camp AND Shootout.
- Competitive play concludes at **4pm**– parents welcome.

Other Notes:

- High School coaches should reserve a space for their team(s) by calling the MSU Office 517-353-1756 ... Please contact your high school coach to see if your team will be attending.
- JV and Varsity teams welcome.
- Teams are expected to bring a coach to this camp – MSU does not provide a coach for every team as this is a competitive tournament style camp.
- Please leave valuable items at home or with a parent: ipods, dvd players, computers, cell phones, purses.
- Shoot-Out Participants will NOT have lunch/dinner provided and will be free to leave campus with coaches/parents to get food.
- Shoot-Out Participants may NOT stay on campus – contact MSU Volleyball for area hotels if interested.
- This is a competition only camp.

July 20-22 -- All Skills Overnight Camp - \$350 Resident / \$290 Commuter – Grades 5-12

This camp is designed for the player that wants to improve all of their skills (passing, setting, defense, serving, blocking, and attacking) through fast paced training and game-like drills. Open to athletes ages 12 and up and grouped according to age and skill level, the goal is to meet the needs of each individual camper. Campers will be exposed to team systems that will help prepare them for scholastic, recreational, club and college programs.

Cost \$350 Resident / \$290 Commuter

Thursday, July 20

- Registration: **12:00am-1:00pm** @ Munn Ice Arena (1 Chestnut Rd, East Lansing, MI 48824)
- Camp starts at **1:30pm** – Jenison Field House (223 Kalamazoo St, East Lansing, MI 48824) will be open and supervised for commuters.
- Camp ends at **7:30pm** – Commuters will be picked up from Jenison Field House
No lunch today – Dinner provided to both commuters and residents.

Friday, July 21

Breakfast for Residents only

- Camp starts at **9am** – Commuters dropped off at Jenison Field House



- Camp Ends at **7:30pm** – Commuters will be picked up from Jenison Field House

Lunch and Dinner provided to both commuters and residents

Saturday, July 22

Breakfast for Residents only

- Camp starts at **9am** – Commuters dropped off at Jenison Field House
- **2pm – 4pm** CAMP TOURNAMENT – Parents/Fans Welcome – Come to Jenison for court assignments.
- Camp Ends at **4pm** – Commuters/Residents will be picked up from Jenison Field House

Lunch provided to both commuters and residents

Other Notes:

- Safety is our primary concern! Campers will walk to/from dorms to gym with Michigan State Volleyball Supervision at all times. Campers that violate this policy will be sent home regardless of age. Dorms are monitored 24 hrs a day, with trainers housed overnight, as well as night watch at entrance/exit.
- Roommate requests through the camp office will be accommodated – however, roommates are NOT necessarily on the same team or work group. Please understand the difficulty of accommodating every personal request.
- What to Bring: Pillow, sheets (if prefer own), toiletries, fan, snacks, water, bathing suit, towel, spandex, t-shirts, kneepads, spending money for camp store and pizza at dorms
- Please leave valuable items at home or with a parent: ipods, dvd players, computers, cell phones, purses.
- Players will be separated by age/grade... the MSU staff will move gifted athletes into a more appropriate skill division at their discretion.
- Commuters get lunch and dinner – but not breakfast – and are invited to attend all sessions, including the evening.
- Conference Assistant Programming will be available for residents after the evening session from 8-9:30pm and MAY include swimming, dancing, movies, etc... depending on the night of the week. **Please bring a swimsuit as requests to swim in spandex and sports bra won't be granted.**