GET IN THE GAME!

Get ready to sharpen your volleyball skills in a competitive atmosphere! Our camp will cover everything from serving and serve receiving to attacking, blocking, setting and defense, all taught by experienced staff in Kirkwood’s outstanding facilities.

You can register for more than one camp session.

**ALL-SKILL CAMPS**

**MIDDLE SCHOOL CAMP** (entering grades 5-8)  
July 19-20 • 9 a.m.-2 p.m. • $80 (includes camp T-shirt and lunch)  
Emphasis: Skill development and team concepts, especially volleyball fundamentals and basic techniques.

**HIGH SCHOOL CAMP** (entering grades 9-12)  
July 26-27 • 9 a.m.-2 p.m. • $80 (includes camp T-shirt and lunch)  
Emphasis: Technical training, advanced position specialization, advanced team concepts and team play.

**INDIVIDUAL SKILL CAMPS**

**SETTER/HITTER CAMP** (Grades 5-8) (Limit: 15 setters, 20 hitters)  
July 19-20 • 3 p.m.-6 p.m. • $40 (includes camp T-shirt)  
Setter Emphasis: Court awareness, footwork, hand positioning, release location and tipping. In addition to smart strategy, participants learn to quick set and set against the flow.

**Hitter Emphasis:** Proper transitioning, approach and arm swing. Additionally, participants become successful and unpredictable hitters through shot selection, roll shots and tipping to specified areas.

**MEET THE COACHES**

**JILL WILLIAMS**  
Head Coach  
Holds an overall record of 133 - 90  
A conference record of 53 - 12  
NJCAA region XI runners up (2005 - 2009)  
First Place, IICCAC 2009  
First Place, ICCAC South Division (2007 & 2009)  
Second Place, ICCAC South Division (2005, 2006, 2008)  
20+ years coaching experience  
5 years Kirkwood head coach

**MIKE EMBRETSON**  
Assistant Coach  
Eight years as Legends Volleyball Club organizer  
Plays in USVA  
4 years Kirkwood assistant head coach

**REGISTRATION FORM**

Camper’s Name  
Address  
City  
State  
Zip  
Home phone  
Work phone  
E-mail  
School  
Entering Grade  
Date of Birth  
Family Physician  
Physician’s Phone

**CAMP SESSIONS (CHECK CAMP(S) DESIRED)**

- **Middle School Camp** (entering grades 5-8)  
  July 19-20 • 9 a.m.-2 p.m.  
  CLYO-4300-4558 • $80  
  T-shirt size (adult) S M L XL

- **Setter Camp** (entering grades 5-8)  
  July 19-20 • 3 p.m.-6 p.m.  
  CLYO-4300-4557 • $40  
  T-shirt size (adult) S M L XL

- **Hitter Camp** (entering grades 5-8)  
  July 26-27 • 3 p.m.-6 p.m.  
  CLYO-4300-4555 • $40  
  T-shirt size (adult) S M L XL

- **High School Camp** (entering grades 9-12)  
  July 19-20 • 9 a.m.-2 p.m.  
  CLYO-4310-4553 • $80  
  T-shirt size (adult) S M L XL

- **Setter Camp** (entering grades 9-12)  
  July 26-27 • 3 p.m.-6 p.m.  
  CLYO-4310-4552 • $40  
  T-shirt size (adult) S M L XL

- **Hitter Camp** (entering grades 9-12)  
  July 26-27 • 3 p.m.-6 p.m.  
  CLYO-4310-4551 • $40  
  T-shirt size (adult) S M L XL

**PARENT/GUARDIAN SIGNATURE**  
DATE

- Full camp fee is due with application. Full camp fee, minus a $10 handling charge, refunded if requested at least two weeks prior to camp. After that time, refunds will be made for medical or emergency reasons only.
- No housing or insurance provided. Campers/parents are responsible for their own health insurance coverage.

Make check payable to Kirkwood Community College

Send payment and application to:  
Jill Williams, Kirkwood Community College  
6301 Kirkwood Blvd. SW, P.O. Box 2088  
Cedar Rapids, IA 52406