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.

REPORTATION 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

Any girl who has not yet attended her senior year of high school is eligible for the camp.
Report to the Michael J Gould Kirkwood Recreation Center, located on the north side of the main Cedar Rapids campus.

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
Nine seasons as Benton Community High School head volleyball 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)

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

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

July 26 - 27  9 a.m. - 2 p.m.  CLYO-4310-4553  $80
High School Camp (entering grades 9-12)
T-shirt size (adult) S  M  L  XL

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

Hitter Camp (entering grades 9-12) CLYO-4310-4551
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

Full payment and application to:
Jill Williams, Kirkwood Community College
6301 Kirkwood Blvd. SW, P.O. Box 2068
Cedar Rapids, IA 52406