

NAZARETH COLLEGE GIRLS VOLLEYBALL CAMP

INSURANCE POLICY ACKNOWLEDGEMENT

Family Accident Insurance Coverage
with: _____

I hereby attest that my son or daughter is of sufficient fitness of mind and body to participate in the rigors of this volleyball camp and declare that I have accident insurance with the above-named company and that any occurring injuries will be charged to my policy. I hereby give my consent for my child's participation in this camp.

**SIGNATURE OF PARENT
OR GUARDIAN:**

DATE: _____

**“Our goal is to motivate players
through skill development and
game like training.”**

AREAS TO BE COVERED

1. Fundamentals

*Passing, Serving, Setting, Hitting, Blocking
*Focusing on skill development, proficiency, and execution.

2. Defense

*Posture, Footwork, Blocking, Body Position
*Focusing on anticipation, reading the play and proper execution of skill.

3. Offense

*Approach, Footwork, Swing, Different Plays
*Focusing on developing the proper skills needed to be explosive and have good execution.

4. Game Play

*Players work on skill execution through game situations. Campers work on transition from defense to offense



NAZARETH COLLEGE



Girls Volleyball Camp

Aug. 3-7, 2009

Session 1 (for grades 4-7)
(8:30 a.m.-12:30 p.m.)
Cost: \$160 (commuter)

Sessions 2 & 3 (for grades 8-12)
(1 p.m.-7 p.m.)

Cost: \$250 (commuter) /
\$430 (overnight)

Coach Cal Wickens
(585) 389-2189
cwicken0@naz.edu

CAMP APPLICATION

Name _____ Age _____ Height _____ T-Shirt Size _____

Address _____ City _____ State _____ Zip _____

Volleyball Playing Experience _____ yrs. Please circle level: Modified JV Level Varsity

Telephone Number _____ Grade on Sept. 1, 2009 _____ Club Years _____

Parent signature _____ Parent E-mail _____

PLEASE RETURN APPLICATION WITH \$50 NON-REFUNDABLE DEPOSIT TO:

Nazareth College Girls Volleyball Camp
Attn: Cal Wickens, Director
4245 East Avenue
Rochester, NY 14618-3790

**PLEASE MAKE CHECKS PAYABLE TO:
CAL WICKENS, DIRECTOR**

Session 1

**Cost: \$160 Commuter (skills camp)
(For Girls Grades 4-7, 8:30 a.m.-12:30 p.m.)**

Each Camper receives:

- ◆ Camp T-shirt
- ◆ Camp Water Bottle
- ◆ Challenge Court Competition
- ◆ Five days of supervised instruction and game play
- ◆ Direction and support to attain the next level of volleyball
- ◆ Compete against the best

Sessions 2 and 3

**Cost: \$250 Commuter / \$430 Overnight
(For Girls Grades 8-12, 1 p.m. - 7 p.m.)**

Each Camper receives:

- ◆ Camp T-shirt
- ◆ Camp Water Bottle
- ◆ Challenge Court Competition
- ◆ Five days of supervised instruction and game play
- ◆ Two bonus evening sessions for the top court campers
- ◆ 3 meals included for overnighters

The Facilities

The camp will be conducted in the air-conditioned Kidera Gymnasium in the Otto A. Shults Community Center on the Nazareth College campus.

A training room and trainer will be available in case of injury. The Nazareth College College Volleyball Camp is certified by the New York State Department of Health.

The Camp Director

CAL WICKENS: Cal Wickens is head coach of the men's and women's volleyball teams at Nazareth College. He also was the head coach and director of the Pace Bootlegger and Volley FX club teams.

In his six seasons as women's coach, Nazareth has won two Empire 8 Conference titles, made three NCAA Tournament appearances and produced eight All-Americans. He was named E8 Coach of the Year in 2006.

In just four seasons of existence, Nazareth's men's team has excelled under Wickens' direction. Nazareth finished 28-7 overall in 2008 and won the North East Collegiate Volleyball Association's West Division title. They ascended to No. 1 in AVCA's Division III rankings.

Wickens also has coaching experience from the Nike High Potential Setters Camp at Cornell University, the High Performance Camp USA National Festival Team, the Super Camp at the New York Chiropractic College, and with the Pittsford Girls Volleyball Camp.

THE STAFF: The staff includes current Nazareth college players and feature many others including:

- ◆ Kevin Moore, George Mason Univ. assistant coach/ USA High performance Coach
- ◆ Rich Newton, NY Super Camps/Appalachian State Camps/UNC Charlotte Camps/Pace 161 Coach
- ◆ Rick Albano, former All-American at Springfield College / current Springfield assistant coach
- ◆ Kyle Salisbury, Nazareth assistant coach / Empire State Games Coach / Boys Varsity coach Midlakes HS
- ◆ And many more former collegiate standouts!

"Nazareth College prides itself with a winning tradition and a commitment to excellence in the volleyball community."

"Wickens' teams are credited with two national championships and seven runner-ups."