

CAMP FACTS

The Retriever High Performance Volleyball Camp is designed for athletes entering grades 7-12. Under the guidance of an expert teaching staff, athletes will participate in a variety of sessions that key in on demonstration, skill acquisition and competitive game like drills. Our training philosophy is founded upon teaching the sport of volleyball based on scientific principles. We teach the game of volleyball using proven methods such as, the laws of motor learning, bio-mechanics and whole method teaching. We limit the number of campers to insure that your daughter will receive the proper amount of attention and feedback to achieve her potential.



UMBC Volleyball



**GO
DAWGS!!**

Retriever High Performance Volleyball Camps



**At the Retriever Activities
Center (RAC) on the
campus of UMBC**

**Individual Skills Camps:
July 17th, 18th, 19th 2009**

**Retriever High
Performance Camp:**

July 20th-23rd 2009

CAMP DIRECTOR

Ian Blanchard UMBC Head Coach



Coach Blanchard just completed his fourth season as the UMBC Retrievers Head Coach. Over the past 10 years his teams have a combined record of 229-82. He has coached several NCAA All-Conference athletes as well as many USAV All-Tournament and high school All-American athletes.

Quite simply he knows how to train athletes and he knows how to win!

ASSOCIATE DIRECTOR

Brianna Koche UMBC Assistant



In her first year at UMBC, Koche helped lead the Retrievers to a 20-12 season. Koche is a former All-American middle hitter from the University of California, San Diego. In addition to her experience with UMBC, Coach Koche has been a head coach for TCA Baltimore and Encinitas Wave Volleyball Clubs.

High Performance Camp Features

July 20-23, 2009

- All participants of the High Performance Camp will receive camp t-shirts
- Campers will receive handouts which features keys on skill acquisition, drills and systems
- 3 sessions each day
- Thousands of game-like repetitions!

Big Dawg Skills Session Camps 1-6pm

July 17th, 18th, 19th 2009

The skill session camps are designed to give athletes hundreds of skill specific reps. Athletes looking to improve their skills in specific positions will love these one day camps.

All 3 Skills will be offered all 3 days.

1. **Setting**— Emphasis will be on setting mechanics, various types of sets, tempo and location. We will also discuss decision making and how to lead your team.
2. **Hitting**— Emphasis will be on hitting mechanics, shot making, transition and various footwork patterns needed. We will also discuss how to best handle different offensive situations.
3. **Defense**— Emphasis will be on serve receive and defensive mechanics, body position, eye-work (reading the game) and emergency maneuvers.

Discounts will be given to any athlete who signs up for all three days of the Big Dawg Skill Session Camps

CANCELLATION POLICIES

- Refunds will be given if registration of a camper is cancelled before June 26th 2009.
- A \$75.00 processing/administrative fee will be charged on all cancellations.
- If the cancellation occurs after June 26th 2009 a \$175.00 fee will be incurred. This fee can be credited toward a future Retriever Volleyball Camp.
- There are NO refunds due to injury, illness, etc.

Retriever High Impact Volleyball Camps

Big Dawg Individual Skills Camp
Please check the day(s) and circle the skill(s) you wish to practice

July 17 Setting Hitting Defense Price = \$75

July 18 Setting Hitting Defense Price = \$75

July 19 Setting Hitting Defense Price = \$75

The discounted total for all 3 days of skills camp is \$200

High Performance Camp July 20-23 Price = \$400

Lunch Package \$40 Overnight Package \$175

(For Day Campers Only) For Overnight Campers
(includes food and dorm)

T-shirt Size for High Performance Camp Only (Adult Sizes)

S M L XL

Total: _____

All camps will be held in the RAC located on the campus of UMBC

Name _____ Age _____

Address _____

Email _____

Phone _____

METHOD OF PAYMENT INSURANCE INFORMATION

Check

Provider _____

Money Order

Policy # _____

Please make all checks and money orders payable to **High Impact Volleyball**

I hereby give my permission and certify that my daughter is in good health and is able to participate in all camp activities. In case of emergency, I grant permission for my daughter to be given emergency treatment at a local hospital. I understand that there are certain risks inherent to playing the sport of volleyball and I will not hold Retriever High Impact Volleyball camp and/or UMBC liable for any injuries sustained.

Signature _____

Mailing Address:

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For all questions call or email:

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