

## 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 2011



**At the Retriever Activities  
Center (RAC) on the  
campus of UMBC  
(Convenient location off of I-95,  
695, and BWI Airport)**

**Individual Skills Camps:  
July 22nd, 23rd, & 24th**

**Retriever High  
Performance Skills Camp:  
July 25th-28th**

**Team Camp:  
July 29th-31st**

**Call or email for details**

## CAMP DIRECTOR

**Ian Blanchard**  
UMBC Head Coach



Coach Blanchard just completed his sixth season as the UMBC Retrievers Head Coach. Over the past 5 seasons Blanchard has led the Retrievers to the AEC Conference Tournament 4 times, finishing as the Conference Runner-Up this past season. Four of the last five years he has coached the Rookie of the Year in the AEC. He has also 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

**Sarah Warner**  
UMBC Assistant  
Coach



Coach Warner just finished her second season as the Assistant Coach at UMBC. She came to Baltimore after a great career at Clarion University of Pennsylvania, where she was named All-conference and All-Region while leading her to team to a 28-6 record in 2007. After graduating, she became the Clarion Women's Volleyball Graduate Assistant. In addition, she has seven years of experience coaching various camps and club.

## High Performance Skills Camp Features

**July 25th-28th, 2011**

- 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 10-4 pm

**July 22nd, 23rd, & 24th 2011**

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.

\*Campers are expected to bring their own lunch however, lunch packages are available.

**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 22nd 2011.
- A \$75.00 processing/administrative fee will be charged on all cancellations.
- If the cancellation occurs after June 22nd, 2011 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  
(Circle only one skill per day)

July 22nd Setting Hitting Defense Price = \$100

July 23rd Setting Hitting Defense Price = \$100

July 24th Setting Hitting Defense Price = \$100

Lunch Package \$10 per day

The discounted total for all 3 days of skills camp is \$275

High Performance Skills Camp July 25th-28th

Commuters \$350  Lunch Package \$55  Overnight Campers \$450  
(For Commuters Only) (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

Check

Money Order

### INSURANCE INFORMATION

Provider \_\_\_\_\_

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:**  
Sarah Warner—Athletics  
UMBC  
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Baltimore, MD 21250

For all questions call or email Sarah Warner:  
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