

# Illinois College Volleyball

## SUMMER CAMPS 2019



### Junior High and High School Camp

Dates: June 17<sup>th</sup>-19<sup>th</sup>  
Time: 8am-12pm  
Cost: \$75  
Grades: 4-8th, 9-12th

An emphasis will be placed on teaching fundamentals and working on skill development. Campers will participate in drills, games, and competitive situations.

### Mini Skills Camps

Dates: June 17<sup>th</sup>-19<sup>th</sup>  
Time: 1pm-4pm  
Cost: \$45 each or \$115 for all three dates.  
Grades: 5-12th

Campers will work on improving individual skills.

June 17<sup>th</sup>- Passing & Defense  
June 18<sup>th</sup>- Setting  
June 19<sup>th</sup>- Attacking

### VolleyTots Camp

Dates: June 17<sup>th</sup>-19<sup>th</sup>  
Time: 8am-11am  
Cost: \$50  
Grades: K-3<sup>rd</sup>

An emphasis will be placed on teaching fundamentals and working on skill development. Campers will participate in drills, games, and competitive situations.



### LOCATION:

Bruner Fitness and Recreation Center

### Contact Us:

Coach Kristy Duncan  
217-245-3403 (p)  
Kristy.duncan@ic.edu (e)

# Mission/Goal

Illinois College volleyball camps are designed to teach technique, improve skills, and provide attendees with numerous repetitions. Our hope is that all our campers will enjoy themselves while working hard to improve their individual skills. We want our camps to be an enjoyable and worthwhile experience for all attendees. We will focus on fundamentals and basic volleyball techniques. Campers will participate in drills, games and competitive situations. Campers will be divided into groups based on age and skill level. All attendees will be coached by current and former players and coaches at Illinois College. Not only will the individual's skills improve, but attendees will become versatile players and learn the importance of sportsmanship.



## Important Notes About Camp:

Each player will receive a t-shirt at the beginning of camp. If you sign up for mini-camps, you will receive an IC water bottle instead of another t-shirt. Walk-in registration is permitted but a t-shirt is not guaranteed if you register after May 27th.

## What To Bring:

Players will need to wear proper athletic shoes. If kneepads are usually worn, we suggest you bring those also. We will supply water, but a water bottle is highly recommended

## Camp Staff:

Camp will be led by current Lady Blues Head Coach, Kristy Duncan. Assistant Coach Bryce Pomplun and current and former players will also be assisting.

## Registration:

- \_\_\_ Junior High Camp- June 17th-19<sup>th</sup> (\$75)
- \_\_\_ High School Camp- June 17th-19<sup>th</sup> (\$75)
- \_\_\_ Mini Skills Camps (all) - June 17th-19<sup>th</sup> (\$115)
- \_\_\_ Passing/Defense- June 17<sup>th</sup> (\$45)
- \_\_\_ Setting- June 18<sup>th</sup> (\$45)
- \_\_\_ Attacking- June 19<sup>th</sup> (\$45)
- \_\_\_ VolleyTots- June 17<sup>th</sup>-19<sup>th</sup> (\$50)
- Total \_\_\_\_\_

## T-shirt Size (Please circle one):

Youth: Med Large

Adult: Small Medium Large XL

## Method of Payment:

Checks can be made payable to *Illinois College Volleyball* and mailed to Kristy Duncan at *1101 W. College Avenue, Jacksonville, IL 62650*

Name \_\_\_\_\_

Address \_\_\_\_\_

Phone # \_\_\_\_\_

Email \_\_\_\_\_

Emergency contact and # \_\_\_\_\_

School attending \_\_\_\_\_

Grade entering Fall of 2019 \_\_\_\_\_

Credit card payments can be made online at [http:// www.icvolleyballcamps.com/](http://www.icvolleyballcamps.com/)