

MINNESOTA STATE UNIVERSITY MOORHEAD
DRA**GONS**

2010 Dragon Volleyball Camps

No Hassle Registration is available online at www.MSUMoorheadVolleyball.com

Minnesota State University Moorhead is putting on two volleyball camps this year. The first is an individual Skills Camp and the second is a High School Team Camp. Our camps feature the help of two collegiate level coaches and several collegiate level volleyball players.

Individual Skills Camp:

July 19-21 (3 days)

Campers entering grades 9-12

Break down into groups by positions to improve your skills

Skills circuit training, working on technique

Learn court presence and court awareness

Play a mini tournament

Team Camp:

July 21-23 (3 Days)

High School Varsity Teams

Dynamic and fun way to improve and refine some of your team's skill level and playing techniques

Break down the techniques of passing, defense, hitting, setting, serving and blocking with your team

Each will team will be assigned a camp coach, high school coaches will be welcome but do not have to attend

Round Robin Camp Tournament

Camp Prices are as follows for both camps: if you would like to attend both camps please see discounts below.

Commuter without meals:	\$150.00
Commuter with meals (no breakfast):	\$185.00
Overnight Camper (no breakfast):	\$235.00

Insurance and Medical Treatment: All campers must have medical insurance. You must complete the enrollment form at the bottom of this page **and bring it to camp check-in or you will not be able to participate.** By signing the form you acknowledge the inherent risk of injury by participation. An injury can range from a minor injury to a major injury. If your daughter experiences a minor injury, first aid will be provided. For a major injury, an ambulance will be summoned to transport your daughter to a local hospital. Athletic training facilities will be available during the camp and a certified athletic trainer will be on site at all times.

Cancellation Policy: Once you have registered for the camp, there will be **no refunds.**

For more information: Contact Coach Susan Kolbow at kolbowsu@mnstate.edu or by phone at 763-442-3687 (c).

MINNESOTA STATE UNIVERSITY MOORHEAD
DRA GONS

2010 MSUM Volleyball Camp Registration Form

First Name: _____ Last Name _____

Address: _____ City _____ State _____ Zip _____

Home Phone _____ Cell Phone _____ Email _____

D.O.B. _____ Height _____ Position (Circle) OH MH RS S Lib/DS

Grade this Fall (2010) _____ High School _____ T-Shirt Size (Circle) S M L XL

High School Coach's Name _____ Phone _____

Roommate Request (if necessary) _____

Please note any Medical Conditions that we should be aware of (attach an additional sheet if necessary)

***All the information above must be complete and accurate in order to process your registration**

PLEASE CHECK DESIRED CAMP:

____ Individual Skills Camp July 19 – July 21
 Seven Camp Sessions- 20 hours
 Check-in July 19 8:00 – 9:00 AM
 Camp Closing July 21 12:00 PM

____ Team Camp July 21 – July 23
 Seven Camp Sessions- 20 hours
 Check-in July 21 1:00 – 2:00 PM
 Camp Closing July 23 5:00 PM

Choose Camper Type:

____ Commuter without meals \$150.00
 ____ Commuter with meals \$185.00
 ____ Overnight Campers (meals) \$235.00

Specialty Discounts

- Family: \$25.00 off each siblings registration fee
 - University Employee: \$25.00 off registration fee
 - Duel Camp: \$25.00 off each registration fee

(No Breakfast provided with meal plans)

Send check only to (Payable: MSUM Volleyball):

MSUM Volleyball
 Susan Kolbow -Camp Coordinator
 1104 7th Ave S.
 Moorhead, MN 56563

For more information please contact Coach Susan Kolbow at kolbowsu@mnstate.edu or by phone at 763-442-3687.