



**Shelly Aaland
Camp Director
Head Volleyball Coach**

Shelly brings 8 years of camp and coaching experience to build on the winning tradition of

Skyhawk Volleyball. She has taken the Skyhawk Volleyball program from the bottom of the RMAC to one the top teams in the last 5 years. The volleyball squad has posted a 59-28 overall record and a 42-15 conference record since 2006. With a conference record of 13-6 in 2008, the Skyhawks have recorded the program's fourth consecutive 12+ conference record, a feat o other FLC volleyball team has ever accomplished.

**Katie Lorenzen
Assistant Coach**



Katie brings with her a vast amount of club, camp and Division I experience with her to this year's camp. Lorenzen was a four-year letter winner on the Wisconsin Badgers' volleyball team. As a setter, she was a four-time Academic All-Big 10 performer and a four-time volleyball board scholar (highest team GPA).

Team Camp: July 18th-19th

Time: Saturday 9:00 am -6:00pm, Sunday 9:00-4:00pm Optional Pizza/Pool party Saturday night 7:30-9:00pm Cost \$30 per player, Pizza party \$5.00 per player, Overnight stay \$15.00 per player

Open to Varsity, JV and Freshman teams. Please go to www.goskyhawks.com for more information

Camp A: July 20th Setter/ Hitter Clinic

Time 9:00-4:00pm All Ages
Cost \$60 (\$67 with lunch option)

This clinic will focus on the skills of hitting and setting. Setters and hitters will work together as the day goes on. Campers have the option for lunch in the cafeteria and will receive a camp T-shirt.

Camp B: July 21st Passing/ Serving/ Defense

9:00-4:00pm All Ages
Cost: \$60 (\$67 with lunch option)

This clinic will focus on the skills of passing, serving and defense. It will begin with basic work and progress to advanced techniques. Campers have the option for lunch in the cafeteria and will receive a camp T-shirt.

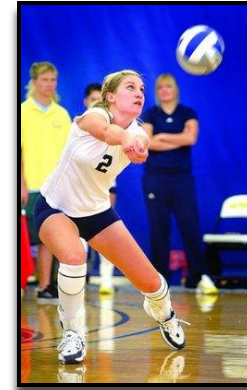
Camp C: July 22nd Putting it All Together

9:00-4:00pm All Ages
Cost: \$60 (\$67 with lunch option)

This clinic will focus on all the skills learned during the week. Wash drills and fun games will be the focus. Campers have the option for lunch in the cafeteria and will receive a camp T-shirt.

Deadlines for Camps

Each camper must return registration by the first day of camp with complete insurance information. Make checks out to Fort Lewis College Volleyball or go to www.goskyhawks.com to register. All camp information can be found at www.goskyhawks.com.



Fort Lewis camps will be staffed by current Fort Lewis coaches and players.



2009 Skyhawk Volleyball Camps

Name: _____
School: _____
Year in School in the Fall: _____
Home Address: _____
City: _____ State: _____ Zip: _____
Best Phone: _____
Camp(s): **A B C Team**
T-Shirt size: **S M L XL**

INSURANCE INFORMATION

(Campers must have their own health insurance and Complete the following information).

Name of Insurance Company:

Insurance Policy Number

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Telephone Claims Number:

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Insurance Waiver

I hereby waive and release Fort Lewis College Skyhawk Volleyball Camp from any and all liabilities for any injuries or illnesses incurred while at camp. I further authorize the director of the 2009 Fort Lewis College Skyhawk Volleyball Camp to act for me according to their best judgment in any emergency requiring medical attention.

The law requires that parental permission be obtained for operative procedures on minors. I give my permission for such diagnostic, therapeutic and operative procedures as may be deemed necessary for my daughter.

Signature of Parent:

_____ Date: _____

Please make checks payable to FLC Volleyball Camp, and mail your registration fee and this form to:

Shelly Aaland – Camp Director
Fort Lewis Athletics
1000 Rim Dr
Durango, CO 81301-3999



2009 Skyhawk Volleyball Camps



July 18-19th -- Team Camp
July 20th -- Setter/Hitting Clinic
July 21st -- Passing/Serving/Defense
July 22nd -- Putting it all together

