

2008 SKYHAWK VOLLEYBALL CAMPS

Welcome all enthusiastic volleyball players! The Fort Lewis College volleyball program is excited to be hosting its annual summer camps on the beautiful Fort Lewis campus. All individual clinics are open to all interested girls and boys.

CAMP STAFF

Skyhawks Head Volleyball Coach **Shelly Aaland**



Former Fort Lewis College volleyball setter Shelly Aaland just completed her fourth year at the helm of the Fort Lewis volleyball program. In 2007 the Skyhawks competed in their second consecutive and program second NCAA Division II National tournament. They were also crowd the Rocky Mountain Athletic Conference Champions for the first time since 1994. This will be coach Aaland's fourth summer as the Skyhawk Volleyball Camps Director.

The 2007 Skyhawks went 21-8 overall and 17-2 in Rocky Mountain Athletic Conference play, breaking the program record for conference wins in a season. The team also recorded the program's third consecutive 12+ win conference record, a feat no other FLC volleyball team has ever accomplished.

In addition to coach Aaland, the 2008 Skyhawk Volleyball Camps will be staffed by members of the Fort Lewis College volleyball team.



Contact Information:

Shelly Aaland, Director
Skyhawk Volleyball Camps
1000 Rim Drive
Durango, CO 81301-3999
Phone: (970) 247-7062
E-mail: aaland_m@fortlewis.edu

CAMP INFORMATION

Team Camp: July 26th-27th

Time: Saturday 10:00 am - 6:00 pm, Sunday 9:00 am - 4:00 pm
Cost: \$30 per player

Team camp is open to high school JV and varsity teams. Activities include at least 6 matches, individual player and team instruction, team building, and much more. Saturday's schedule includes individual and team instruction, followed by pool play. Sunday will conclude pool play and immediately follow with a single elimination tournament.

Teams have the option of staying on campus in the dorms for \$15 per person (coach is free!) or making their own arrangements in town. Deadline for campus campers is July 4th. Housing on campus is first come, first serve. Campers will receive a camp t-shirt.

Camp A: July 22nd-23rd, 9th-12th grade (All Skills camp)

Time: 9:00 am - 4:00 pm
Cost: \$100 commuter (\$115 with meal option), \$140 resident

This two day camp for high schoolers and features individual skill work that focuses on basic fundamentals, advanced techniques and offensive and defensive strategies. Campers have a choice between staying on campus to get the college experience or commuting each day. Dorm option includes lunch and dinner on the first day of camp and breakfast and lunch on the second day of camp. Lunch is optional for commuter campers. Campers will receive a camp t-shirt.

Camp B: July 24th, All Ages (Setter/Hitter Clinic)

Time: 9:00 am - 4:00 pm
Cost: \$60 (\$65 with meal option)

This clinic will focus on the skills of setting and hitting. All ages are welcome, and groups will be determined by the skills ability and position. Skill instruction will begin with basic techniques progressing into new or advanced techniques. Setters and hitters will merge and work together as the day goes on. Campers have the option for lunch in the cafeteria and all will receive a camp t-shirt.

Camp C: July 25th, All Ages (Passing/Serving/Defense Clinic)

Time: 9:00 pm - 4:00 pm
Cost: \$60 (\$65 with meal option)

This clinic will focus on the skills of passing, serving and defense. It is designed for all ages and anyone who wishes to improve on their skills. It will begin with basic skill work and progress up to game situations and strategies. Campers have the option for lunch in the cafeteria and all will receive a camp t-shirt.

WHY ATTEND SKYHAWK VOLLEYBALL CAMPS?

Preparation - High school student athletes prepare for a successful college career while younger players get their first exciting volleyball experience.

Accommodation - Stay on-campus in the residence halls of one of the most breathtaking settings in the country.

Facilities - All camps and clinics will be held in the recently renovated Whalen Gymnasium. The air-conditioned facility features three volleyball courts on state-of-the-art flooring.

Durango - One of the top 10 small tourist towns in the country - When not playing volleyball, campers can enjoy swimming, basketball, tennis, hiking, mountain biking, relaxing in natural hot springs, or the multitude of water and mountain activities that only Southwest Colorado can offer.

WHAT TO BRING...

Following is a list of items you are encouraged to bring with you as a **resident camper**: sleeping bag or linens for twin sized bed, pillow, toiletries, alarm clock, kneepads, water bottle and clothing for the entire camp.

Following is a list of items you are to bring with you to camp as a **day camper**: kneepads, water bottle and lots of energy!

ADDITIONAL INFORMATION...

Deadlines - Each day camper must return her registration sheet along with proof of insurance and the full amount of each camp by July 15, 2008. The deadline for overnight campers attending either the team camp or any individual camp is July 4, 2008. Checks should be made out to Fort Lewis College Volleyball.

Note - A 10% discount will be given to campers that register before June 2, 2008.

Insurance - Campers must have their own health insurance. Completely fill out the form on this brochure.

For more information - You can find information online by visiting www.GoSkyhawks.com and clicking on "Summer Camps." A confirmation letter will not be sent to you. If you would like to make sure your information has been received, please contact coach Aaland via email at aaland_m@fortlewis.edu or call coach at (970) 247-7062.

2008 SKYHAWK VOLLEYBALL CAMPS

Name: _____

School: _____

Year in School in the fall: _____

Home Address: _____

City: _____ State: _____ Zip: _____

Best Phone #: _____

Roommate Request: _____

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:

Telephone Claims Number:

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 directors of the 2008 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: _____

In case of emergency, call: _____

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

Shelly Aaland - Camp Director
Fort Lewis College - Athletics
1000 Rim Drive
Durango, CO 81301-3999



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Athletics
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2007 ROCKY MOUNTAIN ATHLETIC
CONFERENCE CHAMPIONS

July 22nd-23rd: All Skills Camp
July 24th: Setter/Hitter Clinic
July 25th: Serving/Defense Clinic
July 26th-27th: Team Camp

Whalen Gymnasium
Fort Lewis College
Durango, CO

The logo for Skyhawk Volleyball, featuring a stylized hawk head in profile above the text "SKYHAWK VOLLEYBALL".

SKYHAWK
VOLLEYBALL