

NAZARETH COLLEGE BOYS VOLLEYBALL CAMP

INSURANCE POLICY ACKNOWLEDGEMENT

Family Accident Insurance Coverage
with: _____

I hereby attest that my son or daughter is of sufficient fitness of mind and body to participate in the rigors of this volleyball camp and declare that I have accident insurance with the above-named company and that any occurring injuries will be charged to my policy. I hereby give my consent for my child's participation in this camp.

**SIGNATURE OF PARENT
OR GUARDIAN:**

DATE: _____

AREAS TO BE COVERED

1. Fundamentals

*Passing, Serving, Setting, Hitting, Blocking
*Focusing on skill development, proficiency, and execution.

2. Defense

*Posture, Footwork, Blocking, Body Position
*Focusing on anticipation, reading the play and proper execution of skill.

3. Offense

*Approach, Footwork, Swing, Different Plays
*Focusing on developing the proper skills needed to be explosive and have good execution.

4. Game Play

*Players work on skill execution through game situations. Campers work on transition from defense to offense



NAZARETH COLLEGE



Boys Volleyball Camp

For Players

in Grades 7 through 12
Cost: \$240 (Commuter) /
\$370 (Overnight)

Thursday June 26-
Sunday June 29, 2008

Coach Cal Wickens
(585) 389-2189
cwicken0@naz.edu

CAMP APPLICATION

Name _____ Age _____ Height _____ T-Shirt Size _____
Address _____ City _____ State _____ Zip _____
Volleyball Playing Experience _____ yrs. Please circle level: Modified JV Level Varsity
Telephone Number _____ Grade on Sept. 1, 2008 _____ Club Years _____
Parent signature _____

PLEASE RETURN APPLICATION WITH \$50 NON-REFUNDABLE DEPOSIT TO:

Nazareth College Boys Volleyball Camp
Attn: Cal Wickens, Director
4245 East Avenue
Rochester, NY 14618-3790

**PLEASE MAKE CHECKS PAYABLE TO:
CAL WICKENS, DIRECTOR**

The Camp Director

CAL WICKENS: Cal Wickens is head coach of the men's and women's volleyball teams at Nazareth College. He also is the head coach and director of the Pace Bootlegger and Volley FX club teams.

In his five seasons as women's coach, Nazareth has won two Empire 8 Conference titles and made three NCAA Tournament appearances. He was named E8 Coach of the Year in 2006.

In just three seasons of existence, Nazareth's men's team has excelled under Wickens' direction. Nazareth finished 23-7 overall in 2007 and won the North East Collegiate Volleyball Association's West Division title in '07.

Wickens also has coaching experience from the Nike High Potential Setters Camp at Cornell University, the High Performance Camp USA National Festival Team, the Super Camp at the New York Chiropractic College, and with the Pittsford Girls Volleyball Camp.

THE STAFF: The staff includes current Nazareth college players and feature many others including:

- ◆ Kevin Moore, Juniata College national champion
- ◆ John O'Dell, Pace standout / Penn State / Fairport High School coach / Nazareth assistant coach
- ◆ Rick Albano, former All-American at Springfield College / current Nazareth assistant coach
- ◆ Kyle Salisbury, Nazareth assistant coach / Empire State Games Coach / Boys Varsity coach Midlakes HS
- ◆ And many more former collegiate standouts!

"Nazareth College prides itself with a winning tradition and a commitment to excellence in the volleyball community."

"Wickens' teams are credited with two national championships and seven runner-ups."

**Cost: \$240 Commuter/
\$370 Overnight (includes 3 meals a day
plus lodging)**

Each Camper receives:

- ◆ Camp T-shirt
- ◆ Camp Water Bottle
- ◆ Camp Lunch
- ◆ Five days of supervised instruction and game play
- ◆ Direction and support to attain a higher level of volleyball
- ◆ If you make the top court, you get three bonus evening sessions

Daily Schedule

- 8:45 Arrival and Check-in
- 9:00 Warm-ups and Announcements
- 9:15 Skill Development Stations
- 12:00 Lunch
- 1:00 King of the Court
Competition/ Warm-up
- 1:30 Skill Development Stations
- 3:30 Competition/Games
- 4:30 Cool Down/ Summary
- 4:45 Departure

The Facilities

The camp will be conducted in the air-conditioned Kidera Gymnasium in the Otto A. Shults Community Center on the Nazareth College campus.

A training room and certified trainer will be available in case of injury. The Nazareth College College Volleyball Camp is certified by the New York State Department of Health.