



**SPECIAL POINTS OF INTEREST:**

- ◆ **Offensive and defensive training**
- ◆ **Individual instruction within small groups**
- ◆ **Training sessions designed to drill and compete against other teams**
- ◆ **Tournaments and prizes**



Head Coach Matt Ginipro arrived in Boone with 12 years of collegiate coaching experience under his belt after serving

as the first assistant coach and recruiting coordinator at the University of Virginia the past six years. In March of 2007, he was promoted to associate head coach at UVA.

Matt Ginipro was voted the conference Coach of the Year in just his first season at the helm of the Mountaineers. Ginipro led the team to 19 wins, with an 11-match winning streak.



**Appalachian**  
STATE UNIVERSITY  
BOONE, NORTH CAROLINA™

# Appalachian State University

## Volleyball Camps

July 19-22, July 23-26, and July 27-29, 2009

### 2009 Volleyball Camps

#### Individual Skills Camp - July 19-22

**Resident Camper \$375; Day Camper \$285**

Our camp is designed for individuals entering grades 6-12. Athletes will be placed according to age and ability. Novice athletes will receive a solid foundation of fundamental skills through fun and active drills, building up to team play. Experienced athletes will fine-tune their skills while competing in drills and games against players of a similar ability. All athletes will have the opportunity to train in our positional skills clinic, receiving repetitions in their specific position. A tournament will conclude the camp. Our camp is a challenging camp for the beginning or veteran player. Fees include instruction, lodging, meals, limited accident/illness insurance, ASUVB Gold Pass, camp shirt, and a custom camp ball.

#### Advanced Camp - July 19-22

**Resident Campers \$425**

*Registration for Advanced Camp will be limited to a certain number of campers based on position. All participants will be housed in the dorms.*

This camp is designed for experienced players entering 9th grade through 12th grade who see themselves playing collegiate volleyball in the future. Our camp will introduce advanced individual techniques and team systems which will help prepare our campers for the college game. Our goal for this camp is to train our campers the same way we train our college players. Individual skill work will lead into team tactics and the camp will culminate with a tournament. Fees include instruction, lodging, meals, limited accident/illness insurance, ASUVB Gold Pass, camp shirt, and custom camp ball.

#### Team Camp - July 23-26

**Resident Campers \$375; Day Campers \$285**

Our camp gives teams the opportunity to get a head start on the season. Team camp divisions include Varsity, JV, and Middle School. The ASU camp works to improve individual skills and team concepts. A typical day allows for team practice, individual position training, team bonding activities, and team competition (usually three to five matches per day). Our camp is designed to give teams a well-rounded experience allowing them to improve both individually and as a unit. Teams will be assigned an ASU court coach upon arrival. These coaches will work closely with each team's coach in tailoring the offense and defense to what the team plans to execute during the fall season. For every seven team members, one coach may attend free of charge and are encouraged to assist with supervision. Fees include instruction, lodging, meals, limited accident/illness insurance, ASUVB Gold Pass, camp shirt, and a custom camp ball.

#### Skills Clinic - July 27-29, 9am - Noon

**Skills Clinic \$100**

New this year is the addition of our Skills Clinic. This is the perfect clinic for any of our previous campers, who are looking for a few more days of training over the summer, or for players who don't want the longer, overnight camp experience. During the clinic, campers will be working on the basic skills of volleyball and incorporating them into team play. Our clinic is open to players in 3rd through 12th grade, and fees include instruction, limited accident/illness insurance, ASUVB Gold Pass, camp shirt, and custom camp ball.

#### Coaches Clinic - April 18th, 9am - 5pm

**Coaches Clinic \$50**

The Appalachian State Volleyball staff is happy to announce our 2009 Spring Coaches Clinic. All high school and club coaches are welcome to spend the day honing their coaching skills, learning new individual and team drills, and designing effective practices while watching the App State Volleyball team in action. Other topics that will be discussed include: strength & conditioning, the recruiting process, utilizing video, and team psychology. Please join us for a great day of volleyball education. Lunch will be provided.

Please contact Matt Ginipro ([giniptomj@appstate.edu](mailto:giniptomj@appstate.edu)) for more information.

#### ASUVB Gold Pass

All volleyball campers will receive a 2009 ASU Volleyball Gold Pass which provides the camper free admission to all Appalachian State home volleyball matches. Limit two campers per paying adult.

For More Information or to Register Visit:  
[www.camps.appstate.edu/sports/volleyball.php](http://www.camps.appstate.edu/sports/volleyball.php)

