

Registration Form

Indicate which camp(s) or clinic(s) you wish to attend:

One-Day Clinic (\$90 each)

- _____ Setting Clinic (July 12)
- _____ Defense Clinic (July 13)
- _____ Hitting Clinic (July 14)

3-Day Camp #1 (July 9-11)

_____ Resident Camper (\$280) _____ Day Camper (\$200)

Three-Day Camp #2 (July 15-17)

_____ Resident Camper (\$280) _____ Day Camper (\$200)

College Prep Camp (July 19-21)

_____ Resident Camper (\$280) _____ Day Camper (\$200)
_____ July 18 Overnight Stay - for early arrivals (\$40)

Name: _____

Address: _____

City, State, Zip: _____

Phone: _____

School: _____

Email: _____

Grade Next Year (4-13th): _____

T-Shirt Size: YL S M L XL Gender: M F

Roommate(s) Preference (resident campers only): _____

Any medical information we should know about: _____

Emergency Contact Name & Phone #: _____

READ THIS DOCUMENT COMPLETELY BEFORE SIGNING. ITS EFFECT IS TO RELEASE THE UNIVERSITY OF NORTHERN COLORADO FROM ANY LIABILITY RESULTING FROM YOUR PARTICIPATION IN THE ACTIVITIES DESCRIBED BELOW AND WAIVES ALL CLAIMS FOR DAMAGES OR LOSSES AGAINST THE UNIVERSITY. RELEASE FROM RESPONSIBILITY, ASSUMPTION OF RISK AND WAIVER

In consideration of my being permitted by the University of Northern Colorado to participate in the University of Northern Colorado Volleyball Camps on the campus of the University of Northern Colorado July 8-21, 2009, I, _____, exercising my own free choice to participate voluntarily in the above named activities, and promising to take due care during such participation, hereby release and discharge, indemnify and hold harmless the State of Colorado acting through the Board of Trustees of the University of Northern Colorado, and their officers, agents, employees, and any other persons or entities acting on their behalf, and the successors and assigns for any and all of the aforementioned persons and entities, against all claims, demands, and causes of action whatsoever, either in law or in equity, relating to injury, disability, death or other harm, to person or property or both, arising from my participation in and/or presence at the above listed activities.

I acknowledge that I am aware of any hazards and risks which may be associated with my participation in the above named activities and am unaware of any health issues that would preclude participation. I understand, accept, and assume those hazards and risks, and waive all claims against the State of Colorado acting through the Board of Trustees of the University of Northern Colorado, and other persons as set forth above. I understand that I am solely responsible for any costs arising out of any bodily injury or property damage sustained through my participation in normal or unusual acts or conduct associated with the above named activities.

I have had sufficient time to review and seek explanation of the provisions contained above, have carefully read them, understand them fully, and agree to be bound by them. After careful deliberation, I voluntarily give my consent and agree to this Release, Assumption of Risk and Waiver.

Read and executed this _____ day of _____, 200__.

Signature of camper _____ Witness _____

If student is under the age of 18, his or her parent or legal guardian must also sign. _____, 200__

Signature of Parent or Legal Guardian _____ (Date)

For UNC Athletics Use Only	
Date Received _____	Confirmation Sent _____
Check/CC # _____	Amount _____ Due _____
DT:IC 09- _____	Signed release _____

CREDIT CARD PAYMENT

You can also register and pay online at www.UNCBears.com with your credit card or e-check. You must pay in full online.

There are no additional fees to register online.

Immediate relatives of **UNC Employees** may receive a 10% discount off their total balance due. Please pay the full amount (minus the discount) in advance. Please write on the registration form "UNC Employee." If you register online, you will not receive the discount.

There will be a \$3.00 service fee for all credit card transactions by mail-in registration.

Please indicate which credit card you are using:
_____ Visa _____ MasterCard _____ Discover

Card #: _____

Expiration: _____

Signature: _____

Printed Name: _____

Mail Registration and Payment to:

Lyndsey Benson, Head Volleyball Coach
UNC Volleyball Camps
Butler-Hancock Athletic Center, Campus Box 117
Greeley, CO 80639

or FAX to (970) 351-2018

Enclose \$90 clinic fee and/or \$100 deposit for each camp/clinic to register.

Make checks payable to: UNC Athletics

Questions? Contact Lyndsey Benson at (970) 351-1719 or Lyndsey.Benson@unco.edu

NOTE: Your confirmation will be sent to you via email within 2 weeks. Please write clearly.

ONE-DAY CLINICS

- All camps and clinics are open to boys and girls entering grades 4-12 except for the College Prep Camp (Grades 9-12). Graduated seniors may also participate.
- All players who attend will receive a camp t-shirt and lunch in the campus dining hall.
- Cost of each clinic is \$90.

Setting Clinic - Sunday, July 12

The morning session breaks down the technical aspects of setting while the afternoon session includes jump setting, first tempo sets and combination sets.

Defense Clinic - Monday, July 13

All floor skills are taught, along with seam coverage, overhead digging, serve receive and team defense.

Hitting Clinic - Tuesday, July 14

The morning session breaks down the technical aspects of attacking while the afternoon session will focus on back row attacks, first tempo attacks, set combinations, scoring against a defense and blocking

FORMAT FOR ALL 1-DAY CLINICS

8:30 - 8:45 am	Check-in (at Butler Hancock)
9 am - Noon	1st session - fundamentals
Noon - 1 pm	Lunch (provided)
1 pm - 4 pm	2nd session - advanced skills

FORMAT FOR ALL 3-DAY CAMPS

Day 1

8 am - 8:45 am Check-in
 9 am - 11:30 am First session
 11:30 - 1:30 pm Lunch
 1:30 pm - 4:30 pm Second session
 4:30 pm - 6:30 pm Dinner
 6:30 pm - 8 pm Third session

Day 2

9 am - 11:30 am First session
 11:30 am - 1:30 pm Lunch
 1:30 pm - 4:30 pm Second session
 4:30 pm - 6:30 pm Dinner
 6:30 pm - 8 pm Third session

Day 3

9 am - 11 am First session
 11 am - 12 pm Lunch
 12 pm - 2 pm Camp Tournament
 2 pm Dismissal

Early check-in for College Prep Camp (for extra night stay) will be from 7:00-7:30 pm at the residence hall on the night before camp begins. The \$40 fee includes breakfast and 1-night stay.

DEVELOPMENT 3-DAY CAMPS

Three-Day Camp #1 (July 9-11)

Resident campers: \$280 Day Campers: \$200
18 Instructional Hours

Three-Day Camp #2 (July 15-17)

Resident campers: \$280 Day Campers: \$200
18 Instructional Hours

College Prep Camp (July 19-21)

Resident campers: \$280 Day Campers: \$200
18 Instructional Hours

Grades 9-12 only. This camp is intended for high level players with a desire to play in college.

Purpose: The Player Development Camps are designed to improve the individual skill level of the athletes and provide game play experience.

Organization: Player Development campers will be grouped according to their age, ability and gender. Players will experience an emphasis on general skill development throughout the day. As the week progresses, a greater emphasis will be placed on court interaction with other players. The camp will end with game play, scrimmage and a camp tournament.

Fees: The Player Development Camp fee for resident campers includes camp tuition, housing, meals and a t-shirt. The fee for non-resident campers includes camp tuition, t-shirt, lunch and dinner through the last camp session.

Campers who would like to arrive the evening prior to camp may do so and receive one night of additional housing and breakfast the following morning for \$40. This \$40 fee should be included with your initial registration. They will not receive dinner on the night of check-in.

What to bring: Players should bring practice clothing, shoes, socks, knee pads, towel, toiletries, warm-up clothes, water bottle and other necessary daily apparel. Towels, bed linens, pillows and blankets are provided.



Camp Staff:

Director for the University of Northern Colorado clinics and camps is Lyndsey Benson, Head Volleyball Coach. Benson just completed her fourth year as the Bears volleyball coach and is just the fourth head coach in the program's history. Benson has been a member of the Bears' coaching staff for six years, serving as an assistant coach in her first two seasons. She was promoted to head coach in August 2005. Before joining the program six years ago, Benson served an assistant coach at Samford University and played collegiate volleyball at Louisiana State University as an outside hitter. Benson was born in Greeley and attended Eaton High School. Other instructors for the clinics and camps will be Northern Colorado assistant coaches, current and former Northern Colorado athletes, and high school, club and collegiate coaches.



Assistant Coach
Jenny Glenn



Assistant Coach
Tom Hunter



UNC Team Camp

The University of Northern Colorado Volleyball Team Camp will be held July 23-25. The registration fee is \$300 per team. For more information please call Lyndsey Benson at (970) 351-1719 or ask your high school coach. You must register as a team.

General Information

Housing: Resident campers will be housed in on-campus residence halls. Transportation while at camp will not be needed. Camp instructors will also be housed in the residence halls to assist the campers with any needs. Campers will be housed two, three or four per room. A camper wishing to be assigned a specific roommate should indicate her preference on the registration form. Campers will be provided bedding, towels and pillows. Campers will have 24-hour supervision. Campers who violate residence hall policies will be sent home with no refund of tuition.

A \$50 refundable key deposit is required at check-in. Check or credit card is preferred.

Facilities: All camps and clinics will be held at the Butler-Hancock Sports Pavilion and/or the Campus Recreation Center. These facilities have multiple competitive courts for ample workout space. Housing, dining and activity facilities are located in a close proximity. UNC Volleyball is not responsible for parking tickets. You will be notified of where to park in your confirmation packet. A campus map can be found at www.unco.edu/uncoemap.

Registration: Athletes should register in advance by completing the application form in this brochure or registering online with a credit card or e-check. A \$100 deposit is required along with the registration form for the Player Development Camps. You may send in the full payment to ease the lines at check-in. For each of the clinics, the full \$90 fee should accompany the registration form. The check-in site, registration procedures and residence hall information will be emailed to you at a later date (make sure you put your email on the registration form).

Refund Policy: There is a \$50 administrative charge for cancellations on all camps and clinics. Cancellations within 1 week of a start date will not receive a refund. No shows will not receive a refund. Your cancellation must be sent in writing to lyndsey.benson@unco.edu.

****Save a stamp and time when you register online at www.uncbears.com. There are no additional fees to***



UNC Volleyball Camps
Butler Hancock Athletic Center
Campus Box 117
Greeley, CO 80639-0434

**Summer 2009
University of
Northern Colorado
VOLLEYBALL
CAMPS**



**University of Northern Colorado
Greeley, Colorado**

- 3-Day Player Development Camp #1 July 9-11
- Setting Clinic July 12
- Defensive Clinic..... July 13
- Hitting Clinic July 14
- 3-Day Player Development Camp #2 July 15-17
- College Prep Camp (Grades 9-12)..... July 19-21
- Team Camp July 23-25

Open to boys and girls grades 4-12.

Register online at www.UNCBears.com

There are no additional fees to register online.