

# GUSTAVUS VOLLEYBALL CAMPS

## ADVANCED COLLEGE SKILLS CAMP

July 25 @ 1:00pm – July 27 @ 12:00pm  
T-shirt, delicious meals, dorm room, on and off-court training, and swimming included!  
Grades: 9 - 12

Cost: \$210.00 Commuter: \$140.00

Get advanced college skills training in an energetic atmosphere without the week-long commitment and cost! This camp offers high school volleyball players advanced skills training in hitting, setting, or passing/defense that will accelerate their skills set for the upcoming high school season. The first five sessions are skill-specific, while the last session will incorporate training in competitive drills and games! In addition to the six on-court sessions, we offer valuable off-court sessions in team building, eye sequencing, and a Q & A with Gustavus College coaches and players. Campers will also have the chance to swim both nights in the Gustavus Olympic Pool!

A campus admissions visit is available for juniors and seniors before camp on July 25 starting at 10:00am - 12:30pm and includes a general admissions meeting, campus tour, and complimentary lunch for those interested in learning more about Gustavus!

\*Further camp information will be emailed to all campers the week before camp.

## SATELLITE CAMPS

Gustavus coaches come to your gym! The Gustavus coaching staff offers a one-day camp rate of \$40.00 per player for a 3-hour morning and 2-hour afternoon session. Sessions can be tailored to meet the needs of your team. Scheduling is flexible; session length and multi-day camps can be arranged. For more information contact Gustavus head coach, **Rachelle Sherden** at [rsherden@gustavus.edu](mailto:rsherden@gustavus.edu) or 507.933.6468.

### QUESTIONS?

Contact Rachelle Sherden at [rsherden@gustavus.edu](mailto:rsherden@gustavus.edu)

## GUSTIE YOUTH SKILLS DAY CAMP

July 28 – July 31

T-shirt, activities, and snacks included!

Cost: Fundamental= \$65.00; Intermediate= \$75.00

### **Fundamental (K - 5): 9:00am – 11:30am**

This camp introduces basic technique of fundamental volleyball skills including passing, setting, hitting, and serving. Campers will develop basic skills in an energetic and engaging gym environment! A fun outdoor activity is planned each day from 11:00am - 11:30am for all campers. Boys and girls welcome!

### **Intermediate (6 - 8): 1:30pm – 4:30pm**

*\*Optional swimming or other activity available at 4:30pm - 5:15pm*

This camp will focus on improving the camper's fundamental volleyball skills including passing, setting, hitting, and serving. In addition, campers will be exposed to court rotations and game-like play. Campers have the option of swimming in the Gustavus indoor pool or participating in a fun activity after camp from 4:30pm - 5:15pm each day.

## REGISTRATION

Preferred registration method is online at

[www.GustavusVolleyballCamps.com](http://www.GustavusVolleyballCamps.com)

or

Send in the attached form and check to:

Gustavus Adolphus College  
Rachelle Sherden/Volleyball  
800 West College Avenue  
St. Peter, MN 56082

When registering, use the grade the camper will be in for the fall of 2014

\*Checks payable to Rachelle Sherden

\*An email confirmation will be sent

\*Cancellations: Before June 1, full camp credit will be issued to you for any reason if you must cancel. After June 1, a \$100 administrative fee will be charged to all registrants who will be withdrawing from the camp. The remainder will be refunded.

## CAMPER TESTIMONIAL

*"It was a lot of fun to work with the college coaches and players and find out what it's like to play at Gustavus! I definitely learned a lot."*

- Angela Fusselman, a 3-year camper from Eden Prairie

*"I really enjoyed how we focused on skills at the beginning and the split up to make competitive games. Even though there were a lot of campers, I felt like I got to know everyone. It was a good experience and pushed me physically and mentally!"*

- Abby Leitch, a camper from Mankato West

## REGISTRATION FORM

### ADVANCED COLLEGE SKILLS CAMP

\_\_\_\_\_ Yes! Sign me up! Cost: \$210.00

\_\_\_\_\_ Roommate Request (1)

\_\_\_\_\_ I am a commuter. Cost: \$140.00

\_\_\_\_\_ Yes! I would like to schedule a campus visit at 10:00am on July 25

\*\*\*Registration Due July 7

### GUSTIE YOUTH SKILLS DAY CAMP

\_\_\_\_\_ Yes! Sign me up for K - 5

\_\_\_\_\_ Fundamental Camp. Cost: \$65.00

\_\_\_\_\_ Yes! Sign me up for 6 - 8

\_\_\_\_\_ Intermediate Camp. Cost: \$75.00

\*\*\*Registration Due July 7

**PAPER FREE!**

Try our  
online registration at...  
[www.GustavusVolleyballCamps.com](http://www.GustavusVolleyballCamps.com)

(\*\*Small additional credit card fee  
for online registrations)

Name \_\_\_\_\_

Address \_\_\_\_\_

City \_\_\_\_\_ State \_\_\_\_\_

Zip \_\_\_\_\_ Grade Entering \_\_\_\_\_

School \_\_\_\_\_

Phone # \_\_\_\_\_

Email \_\_\_\_\_

Volleyball Position (circle one)

Outside      Rightside      Middle

DS/Libero      Setter      None

T-shirt Size (circle one)

Youth: small medium large

Adult: small medium large XL

Sign disclaimer on back of form and send form and payment to:

Gustavus Adolphus College  
Rachelle Sherden/Volleyball  
800 West College Avenue  
St. Peter, MN 56082

**\*\*PLEASE MAKE  
CHECKS OUT TO  
RACHELLE SHERDEN**

# GUSTAVUS VOLLEYBALL CAMPS

## SUMMER 2014

**ADVANCED COLLEGE SKILLS CAMP  
JULY 25 - 27**

**GUSTIE YOUTH SKILLS CAMP  
July 28 - July 31**

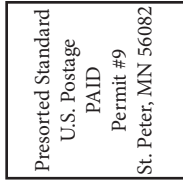
**SATELLITE CAMPS**



Camp Director  
Rachelle Sherden, Gustie Head VB Coach

Camp Coaches  
Gustie Assistant Coaches, Players & More

[www.GustavusVolleyballCamps.com](http://www.GustavusVolleyballCamps.com)



RACHELLE SHERDEN/VOLLEYBALL  
800 West College Avenue  
St. Peter, MN 56082-1498

## INSURANCE DISCLAIMER

I, the undersigned, hereby certify that I am at least 18 years of age or if under 18, a parent or legal guardian of the applicant. I hereby grant permission to the applicant to attend the Gustavus College Volleyball Summer Camps and to be treated by a licensed physician or member of the school's training staff in the event of any injury, accident, or illness during the camp. The undersigned applicant (parent/guardian if under 18 years of age) understands that they will be engaging in physical activity during the camp that contains inherent risk of physical injury. I, the undersigned, for myself, my heirs, executors, and administrators, waive, release, and forever discharge Gustavus Adolphus College and Gustavus Volleyball Camps and its staff, officers, agents, employees, representatives, successors, and assigns from any and all liability, claims, demands, actions, and causes of action whatsoever arising out of or related to any loss, personal injury, or property damage that may be sustained or occur during participation in camp activities while at the camp.

Parent/Guardian Signature (under 18) \_\_\_\_\_ Date \_\_\_\_\_

Applicant Signature (18 or older) \_\_\_\_\_ Date \_\_\_\_\_

Emergency Contact \_\_\_\_\_ Emergency Phone # \_\_\_\_\_

Medical Conditions/Allergies \_\_\_\_\_