

University of Saint Mary is offering advanced skills volleyball camps June 11-14, 2008. The USM women's volleyball team and coaches from several other universities will be helping with the camp along with Camp Director and Head Coach Paul Lawson.

Campers will work on their fundamental skills with advanced training techniques to become better players physically and mentally. There will be a total of nine sessions along with a scrimmage tournament and videotaping for analysis and visual feedback to accelerate learning curves. Meals will be provided during their stay on campus for residents and commuters. T-shirts will be distributed on the last day of camp.

Per player fees: \$175. commuter (lunch and dinner), \$200 residential (all meals).

DAY 1

Check in: 11-12:00, Session 1: 1-4 p.m.,
Dinner: 5-6 p.m., Session 2: 7-8:45 p.m.

DAY 2

Breakfast: 8-8:45 a.m. Session 3: 9:20-11:50,
Lunch: 12-1 p.m., Session 4: 2-5 p.m.,
Dinner: 5-6 p.m., Session 5: 7-8:45 p.m.

DAY 3

Breakfast: 8-8:45 a.m., Session 6: 9:20-11:50
Lunch: 12-1 p.m., Session 7: 2-4:45 p.m.
Dinner: 5-6 p.m., Session 8: 7-8:45 p.m.

DAY 4

Breakfast: 8-8:45 a.m. Session 9: 9:20-11:50,
Check out: 11:50 a.m.-1 p.m.

All forms must be returned by May 15, 2008.

We can accommodate up to 60 campers.

4100 South 4th Street
Leavenworth, KS 66048

University of Saint Mary
Volleyball Office

UNIVERSITY
of **SAINT MARY**



Advanced Skills Camp

June 11-14, 2008

*For information
please call*

913-758-4343

Paul Lawson recently just completed his fifth season as Head Coach of the Spires Volleyball program. His over all record is 250-180 which spans a 19 years as head coach.

“I encourage young people to participate in the Spires Volleyball camp. It will allow them to work on their technical skills, but will also show them ways of being efficient in those skills. It is important for young student-athletes to be shown all aspects of the game. We limit the number of participants so our staff/camper ratio is 6 to 1. We have 5 volleyball courts. This way we can help each person to work on their goals. We look forward to seeing you at volleyball camp.”



Paul Lawson
USM Head Volleyball Coach

Necessary Equipment

Toiletry items, knee pads, socks, gym shoes, shorts and t-shirts. Bedding for a twin size bed, pillow, blanket, and most importantly, a water bottle. The University book store will be open if campers would like to buy snacks and Saint Mary merchandise. Campers must manage their own money.

Camp Rules

Campers are not allowed to be off campus unless they are with an organized and supervised group. Early departures must be furnished in writing from the parents/guardian and must be handed in the day of check-in. Anyone who drives themselves to camp must give their car keys to the coaching staff. Campers will be supervised at all times by the coaches. Failure to comply with the rules will result in immediate dismissal from camp without a refund. Maria Hall is a 24-hour secured building. All rooms are air conditioned. Female staff members will reside on each floor.



Name _____ Age _____ Home Address _____
City _____ State _____ Zip _____ Home Phone _____
Parents/Guardians _____ Emergency Number _____
Roommate Preference _____ Shirt Size (Adult) _____ S _____ M _____ L _____ XL
Email Address _____
Camp Confirmation will be sent via email unless you choose another way to contact you. Understand that the cost of the overnight campers is \$200 and \$175 for the commuters. A \$50 deposit will need to be paid. All checks are to be made out to Coach Paul Lawson. A \$20 charge will be added for all returned checks. The deposit assures your place in camp and covers an administrative fee that is refundable if cancellation notification is received 14 days before your daughter's camp begins. If notification is not received 14 days prior to the opening of camp, no refunds will be made, except in the case of serious injury or illness. A photocopy of the camper's school physical and a copy of your insurance card must be turned in before camp starts. Parent/Guardian's Signature _____