# TITAN VOLLEYBALL CAMPS---SUMMER 2019

## **MISSION STATEMENT:**

IWU's Volleyball camps are designed to assist young athletes in improving their volleyball skills and developing proper playing habits. Not only will the girls gain knowledge of the proper techniques, they will also benefit from the companionship of other players, learn good sportsmanship, and other related athletic values.

Players will be closely observed and mistakes will be corrected. Every effort is made to teach each player how to use their knowledge in game situations in order to develop the physical and mental skills that go into making a good volleyball player.

## **GENERAL SKILLS CAMP:**

In the General Camp, we will emphasize the beginning fundamentals and basic techniques used in volleyball. For the players with good fundamentals, we will work on more advanced skills. The campers will apply these skills throughout the camp in drills and game-like situations.

The camp will be divided into groups according to their age and their skill level. This will allow for an opportunity-filled camp for all of its participants. The General Camps are offered to 2<sup>nd</sup> through 12<sup>th</sup> graders beginning June 3<sup>rd</sup> running through June 6<sup>th</sup>. The High School and Junior High Camps run from 9:00 a.m. to 12:00 noon and the Grade School camp runs from 1:00 p.m. to 4:00 p.m.

# **MULTIPLE CAMPS:**

If your camper will be attending the morning General Skills camp and the afternoon Mini-skills camp(s), they are welcome to bring a sack lunch and eat in one of our air-conditioned classrooms or in the gym.

We ask that the campers clean up after themselves. Counselors will be in the building but will not be supervising the campers during this time.

## **OUR GOAL FOR THE CAMPS:**

We combine hard work and fun to bring out the most in every player. We also make every effort for the camp to be gratifying and worthwhile experience for every player who attends.

You can register by mail or online. If you would like to register online, visit www.iwusports.com and click on the sports camp link. From there, find the volleyball camp link.

## **MINI-SKILLS POSITION CAMPS:**

The Mini-skills Position Camps are offered to  $6^{th}$  through  $12^{th}$  graders beginning on Monday, June  $3^{rd}$  at 1:00 p.m. Each three-hour session will consist of indepth training on the day's particular skill. It will also consist of game like situations using the skill of the day.

For example, on Monday, June 3<sup>rd</sup>, we will be working on passing only. We will focus on ball control, placement, and serve receive. On Tuesday, June 4<sup>th</sup>, we will work on serving/setting/overhead passing. Our main focus will be proper footwork, transitioning, and hand positioning. For those hitters who aren't comfortable using their hands, this is very beneficial. On Wednesday, June 5<sup>th</sup>, all drills will focus on hitting, transitioning, and shot selection. We will discuss all three hitting positions along the net. Finally, on Thursday, June 6<sup>th</sup>, we will wrap up the skills week with defense. All drills will focus on body positioning, ball control, transitioning, blocking, and of course, defensive attitude!

You can pick one or all of the them-the choice is up to you!

# SATELLITE SCHOOL TEAM CAMPS

IWU staff and players will come to your school to conduct a General Skills Camp for a reduced cost. Each camper will receive a t-shirt. For more information regarding time, cost, and date availability, please call head coach Kim Nelson-Brown at 309-556-3349.

# TITAN VOLLEYBALL CAMPS 2019









## **Camps and Dates**

Grade School June 3rd through June 6th Junior High High School June 3rd through June 6th June 3rd through June 6th June 3rd through June 6th

All camps are located at the Shirk Center on Illinois Wesleyan University's Campus

# TITAN VOLLEYBALL CAMPS---SUMMER 2019

## **COACHING STAFF**

#### Kim Nelson-Brown *IWU Head Volleyball Coach*

Kim Nelson-Brown just completed her 23<sup>rd</sup> year as head volleyball coach at Illinois Wesleyan University. In her 23 years, she has a combined record of 472 wins and 336 losses and a CCIW record of 95 wins and 69 losses.

Kim enjoys coaching and the game of volleyball. Through these camps, she hopes her enthusiasm and the love of the game inspires the campers about the game of volleyball.

#### Nelson-Brown's Achievements:

2018, 2015 & 2003 Regular Season Champions 2018, 2017, 2015, 1998 & 1997 NCAA Appearance 2018 & 1997 CCIW Tournament Champions 2018, 2003, & 1997 CCIW Coach of the Year 2015 AVCA Midwest Region Coach of the Year 2002 ISU Athletic Hall of Fame Inductee Former Missouri Valley Conference MVP, 1992 & 1993 Former ISU Volleyball Letter winner

#### Mary Frahm

#### IWU Assistant Coach, 5<sup>th</sup> year

Four-year letter winner at Lewis University Two-year captain, Lewis All-Academic Team, 4 years, Lewis Olympia JH and HS Coach, 1 year Club 1 VBC Coach, 3 years

#### Camp Assistants:

Also, assisting at the KNB Volleyball camps will be current and former IWU and collegiate players, as well as high school and club coaches.

## Cost, Time, and Age Groups:

**Grade School General Camp:** Grade: 2<sup>nd</sup> through 5<sup>th</sup> Time: 1:00 p.m. to 4:00 p.m.

#### Cost: \$140 (\$150 after 5/1/19) Junior High School General Camp:

Grade:  $6^{\text{th}}$  through  $8^{\text{th}}$  Time: 9:00 a.m. to 12:00 p.m. Cost: \$140 (\$150 after 5/1/19)

#### **High School General Camp:** Grada: 0<sup>th</sup> through 12<sup>th</sup> Time: 0:00 a m

Grade:  $9^{th}$  through  $12^{th}$  Time: 9:00 a.m. to 12:00 p.m. Cost: \$140 (\$150 after 5/1/19)

## **Mini-Skills Position Camps:**

Grade: 6<sup>th</sup> through 12<sup>th</sup> Time: 1:00 p.m. To 4:00 p.m. Cost: \$40 each session or \$140 for all 4 individual sessions (\$45 each session/\$160 for all 4 after 5/1/19)

## GENERAL INFORMATION FOR THE IWU VOLLEYBALL CAMPS

### What to Bring:

Players will need to wear proper athletic shoes. If kneepads are usually worn, we suggest that you bring those with you also. Since it will be warm, we will do our best to supply water, but we do recommend bringing your own water bottle or any water container that has a lid.

#### Camp Site and Time:

The camps will begin on schedule each day. We will be using the courts in the Shirk Center Arena, Practice gym and activity courts. We will divide the groups according to skill level to facilitate individual instruction and safety.

### **Registration and Payment:**

To ensure enough counselors per campers and the correct t-shirt size, we do recommend early registration (5/1/19). Early payment is recommended, but if not, we do require a \$25 NON-REFUNDABLE deposit **PER CAMP**. The balance is due by May 25<sup>th</sup>, 2019. Registration can be done online or mail in the form with payment. <u>Online registration will close on May</u> 25<sup>th</sup> or when the camp is full.

#### Important Notes about Camp:

Each player will receive a t-shirt and a volleyball at the beginning of each camp. If you enroll by May 1<sup>st</sup> in more than one camp (the Mini-skills camps are considered one camp, regardless of the number of days you attend), you will receive a pair of volleyball socks instead of a second t-shirt and volleyball.

#### \*\*The Junior High Camp fills quickly so early registration is encouraged to guarantee your spot!! In 2018, the Junior High camp was full by May 10<sup>th</sup>. I cannot emphasize early registration enough!!

# \*\*You will want to sign your child up for the grade that they will be entering in the FALL OF 2019!

For more information regarding any of the camps, please call Kim Nelson-Brown at 309-556-3349 or email at knbrown@iwu.edu.

## IWU VOLLEYBALL CAMP REGISTRATION 2019

REGIS	TRAT	ION 2019	
SIGN UP FOR (Please chec		Time	Cost
Grade School Camp	June 3-6	1:00p to 4:00	p <b>\$140</b>
2 <sup>nd</sup> through 5 <sup>th</sup> grade		(\$150	after 5/1/19)
Junior High Camp	June 3-6	9:00a to 12:00	
6 <sup>th</sup> through 8 <sup>th</sup> grade		(\$150	after 5/1/19)
High School Camp	June 3-6	9:00a to 12:00	)p <b>\$140</b>
9 <sup>th</sup> through 12 <sup>th</sup> grade			after 5/1/19)
Mini-Skill Camps			
6 <sup>th</sup> through 12 <sup>th</sup> grade	т <b>р</b>	1:00p to 4:00p	
Passing	June 3 June 4	505	\$40 each sion or \$140
Setting Hitting	June 4 June 5		all 4 sessions
Defense	June 6	101	an 4 sessions
(\$45 ea		/\$160 for all 4	after 5/1/19)
	-	-	
	T	OTAL:	
Name			
Address			
City		Zip	
		T	
Cell #			
Ceu #			
Emergency Contact Name &	Number		
Email address (please print o	clearly)		
School in <mark>Fall of 2019</mark>		Grade-	Fall of 2019
<i>Senoor</i> in <mark>1 an 0j 2017</mark>		Gruue	1 un 0j 2017
T-Shirt Size (Please circle of	ne): <i>Youth</i>	Sizes: YMed	YLarge
		Sizes: Small	Medium
		Large	X-Large
Method of Payment:			
\$25 NON-REFUNDABLE de	eposit requ	ired if not payi	ng in full.
Balance will be due May 25th	, 2019		
CHECK #		CASH	
Check Amount			h Amount:
CREDIT CARD		Exp Date:	
CC#		CV#	1
Signature:			
Amount to be charged:			
U			
Please make check navable t	o KIM NE	I SON_RROW	N

ase make check payable to <mark>KIM NELSON-BROWN</mark> Mail Payment and Registration Form to: IWU Volleyball Camps-Kim Nelson-Brown 302 E. Emerson Bloomington, IL 61701