

SCSU GIRLS VOLLEYBALL CAMP

GENERAL INFORMATION

St. Cloud State University's facilities provide an outstanding opportunity for prospective volleyball players to improve their skills under our experienced coaching staff.

WHO IS ELIGIBLE

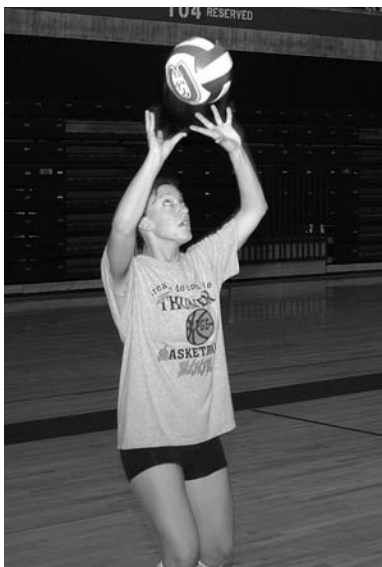
You are eligible to attend the St. Cloud State University Volleyball Camp if you were in grade 7 - 12 during the 2006-2007 school year.

COACHING STAFF

The nucleus of the staff consists of St. Cloud State head coach Patricia Mickow. Coach Mickow was the coach at Bemidji State University, where she served for one season as the head coach. Coach Mickow brings 16 years of experience as a collegiate head coach. Mickow is a 1986 graduate of Gustavus Adolphus College.

Members of the St. Cloud State volleyball team will serve as camp coaches & counselors.

An athletic trainer will be available throughout the camp.



ABOUT ST. CLOUD STATE

Founded in 1869, St. Cloud State University was once known primarily as a teacher's college, but now has grown into a multipurpose institution of higher education, serving business and industry as well as educational and governmental agencies through the Colleges of Business, Education, Fine Arts and Humanities, Social Sciences, Science and Technology, and the School of Graduate and Continuing Studies. Located on the Mississippi River with easy access to the Twin Cities and the beautiful north-central Minnesota lake country, St. Cloud provides an ideal setting for a university campus. Current enrollment is over 14,000 full and part-time students.

REGISTRATION INFORMATION

Registration will be from 5:00 to 6:30pm on Sunday, June 24, 2007. Camp will conclude on Thursday, June 8 at 12:00pm with the completion of tournament competition. You will be sent more detailed information once we have received your application form and deposit.

Complete and return the registration form with a parent's or guardian's signature and the \$100 deposit. Refunds will be permitted up to May 18, 2007; however, **a \$25 service charge will be withheld on all refunds.** As court space is limited, campers will be accepted on a space available basis.

FEE

RESIDENT PLAN - \$280

This fee includes Sunday night through Wednesday night lodging and all meals from Monday breakfast through Thursday breakfast.

DAY PLAN - \$225

For those individuals who live in the St. Cloud area and choose to commute, you may attend as a day camper, this fee includes lunch and dinner from Monday lunch through Wednesday dinner.

SCSU VOLLEYBALL

St. Cloud State volleyball means fun and success. The Huskies program is one of the finest in the Midwest and competes in one of the most prestigious NCAA Division II conferences in the country, the North Central Conference. In 1995 Huskies finished the season with a loss to the Division II National Champion, Barry University, in the Elite Eight held in Miami Shores, Florida. During SCSU's sixteen year membership in the North Central Conference, thirty players have received All-Conference recognition while twenty five players have been selected to the NCC all academic volleyball team. In addition, three players have received All-American recognition and one player was named first team All-Academic All-American.

FACILITIES

All camp sessions will be held in Halenbeck Hall on the SCSU campus. Nine volleyball courts are available for use in the Halenbeck Hall complex. The facility also offers a new state of the art floor surface located in the Fieldhouse.

OFF-COURT ACTIVITIES

- Game room
- Recreational lounge
- Student Union
- Swimming pool
- Tennis courts
- Racquetball Courts
- All you can eat meals

Resident campers will be housed in resident halls on the St. Cloud State University campus. Meals will be served at Garvey Commons.

For More Information Call:

Local: 320-308-5146

Toll Free: 1-888-234-3695

<http://www.stcloudstate.edu/campusrec/programs/sportscamps/>

ST. CLOUD STATE GIRLS VOLLEYBALL CAMP REGISTRATION

PLEASE PRINT

Name _____ Roommate Request (one choice) _____

Address _____ Circle appropriate plan: Resident Plan Day Plan

City _____ State _____ Zip _____

Age _____ School _____ Grade (06-07) _____

Parent's Name _____

Daytime Phone () _____

Home Phone () _____

Health Ins. Co. _____

Policy Number _____

Special Health Conditions _____

Height _____ Position _____

I hereby acknowledge that my child is medically fit to participate in volleyball camp. I authorize the director to secure any medical treatment deemed necessary and waive and release the camp from any and all liability for any injuries.

(Parent or Guardian Signature)

Make check or money orders payable to: St. Cloud State University
 Mail payment with registration form to:
 SCSU Volleyball Camp
 St. Cloud State University
 HaH #102
 720 - 4th Ave. S
 St. Cloud, MN 56301-4498

REGISTRATION DEADLINE IS MAY 18, 2007

SAMPLE DAY SCHEDULE

Breakfast	8:00
Stretch	9:00
Attack	9:15
Serve	10:10
Defense	10:30
Stretch	10:55
Lunch	12:00
Stretch	1:45
Warm-up Drills	2:00
Stations (Block, Attack Options, Defense, and Setting)	2:20
Stations	3:05
Stretch	3:45
Dinner	5:30
Free Swim or Sand Volleyball	8:00



SCSU is an affirmative action/equal opportunity educator and employer.

Upon request this publication will be made available in an alternative format such as large print or audio tape. TTY: 1-800-627-3529

PS738

2007 VOLLEYBALL CAMP



June 24-28

ST. CLOUD STATE UNIVERSITY

Sports Camps