

# 2008 EAST CAROLINA UNIVERSITY

## Volleyball Camp #1 and Volleyball Camp #2

Head coach Chris Rushing would like to invite you to his 4th annual East Carolina University Volleyball Camp. The ECU Volleyball Camp has grown in high volume over the past few years and we have actually had to turn players away due to limited space. This year we have added a couple more courts and are ready to train, and have fun with, as many kids as possible, without sacrificing the player to coach ratio, which is 8:1. This low player to coach ratio allows for more individual touches and provides more feedback opportunities from our coaches. Our camp coaches consist of our ECU coaching staff, as well as current and past ECU players. Come join us to improve upon your volleyball skills and have fun competing and making new friends.

### **VOLLEYBALL CAMP #1 (entering 9<sup>th</sup> through 12<sup>th</sup> Grade in the Fall of 2008, entering college students are also welcome)**

Camp #1 is for all players entering 9<sup>th</sup> through 12<sup>th</sup> grade in the Fall of 2008, entering college students are also welcome. We will work on all fundamentals, yet mostly we will compete, within their own court, as well as against other courts (6's, 4's, triples, doubles, and other game like drills and competitions). Also new to this year, we will have a small portion of this camp to work on specific positions training (setters, liberos, middles, outsides).

<u>DAY 1 (July 7)</u>	<u>DAY 2 (July 8)</u>	<u>DAY 3 (July 9)</u>
12:00pm-12:15pm (Dorm Check-in)	9:30am-12:00pm (Session #3)	9:30am-12:00pm (Session #6)
12:15pm-1:00pm (Camp Check-in)	12:00pm-1:30pm (Lunch)	12:00pm-1:30pm (Lunch)
1:00pm-4:30pm (Session #1)	1:30pm-4:30pm (Session #4)	1:30pm-5:00pm (Session #7)
4:30-6:00pm (Dinner)	4:30pm-6:00pm (Dinner)	
6:00pm-8:30pm (Session #2)	6:00pm-8:30pm (Session #5)	

Dates: July 7-9, 2008

Site: East Carolina University-Minges Coliseum (and possible other playing sites)

Days: 3

Training Hours: 20

Camper to Coach Ratio: 8 to 1

Fee: \$300 (\$100 non refundable deposit is due with the application form to guarantee your acceptance. You may also pay in full).

Fee Includes: Volleyball Training, Camp Insurance, T-Shirt, Dinner on day #1 and day #2, Lunch on day #2 and day #3.

Additional fee if you want to stay in the dorms: \$70

Additional dorm camper fee Includes: 2 nights in the dorm (Check-in July 7, Check-out July 9) and Breakfast on day #2 and #3

Additional fee if you need to be picked up and dropped off at the airport: \$20 (Greenville airport); \$80 (Raleigh airport)

### **VOLLEYBALL CAMP #2 (entering 4<sup>th</sup> through 8<sup>th</sup> Grade in the Fall of 2008)**

Camp #2 is for all players entering 4<sup>th</sup> through 8<sup>th</sup> grade in the Fall of 2008. We will work on all fundamentals, and very little competitions (determined by each court's level of play). We feel at this young age, it is highly important for each camper to learn and improve all their fundamentals, without the anxiety of competition. We will focus on the technique rather than sacrificing correct technique due to the players worrying too much about wins and losses.

<u>DAY 1 (July 10)</u>	<u>DAY 2 (July 11)</u>
9:00am-9:30am (Camp Check-in)	9:30am-12:00pm (Session #3)
9:30am-12:00pm (Session #1)	12:00pm-1:30pm (Lunch)
12:00pm-1:30pm (Lunch)	1:30pm-5:00pm (Session #4)
1:30pm-5:00pm (Session #2)	

Dates: July 10-11, 2008

Site: East Carolina University-Minges Coliseum (and possible other playing sites)

Days: 2

Training Hours: 12

Camper to Coach Ratio: 8 to 1

Fee: \$180 (\$100 non refundable deposit is due with the application form to guarantee your acceptance. You may also pay in full).

Fee Includes: Volleyball Training, Camp Insurance, T-Shirt, Lunch in the dorm cafeteria on both days.

\*\*NO DORMS or Airport Pickup/Dropoff will be available for Camp #2.

### **ANY QUESTIONS???**

Please contact Coach Chris Rushing for any further questions at [rushingc@ecu.edu](mailto:rushingc@ecu.edu) or 252-737-1425. Our web site is

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