

JANICE KRUGER'S VOLLEYBALL CAMPS

301-204-9445

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mdterpsvbcamp@aol.com

TO: 2006 Volleyball Campers

FROM: Janice Kruger, Camp Director

Janice Kruger's Volleyball Camps at the University of Maryland are just around the corner. We are preparing for a great summer of camps!! Enclosed you will find information and details about the various camps. Please read over **all** the information carefully and your camp questions should be answered. We are not anticipating any changes in the schedule, so please plan accordingly. If you have questions, email me at mdterpsvbcamp@aol.com.

REMINDERS / NOTES / SUGGESTIONS

CAMP DATES:

July 15 – Serving Clinic
July 16-19 – Total Player Camp
July 29- Aug 1 – High Performance Specialty Camp
Aug.3- 5 – Play Hard Team Camp

DIRECTIONS:

Please follow the provided directions for each camp because registration takes place at various locations.

REGISTRATION:

Please be at registration during the assigned time slot. This will assure camp starting promptly at the scheduled time. It will take resident campers a minimum of 40 minutes to check in & move into your room. Check in will not start until the specified time.

MEALS:

Meals will be served in The Diner. No Lunch will be provided on the day of check-in.

SCHEDULE:

Attached is a detailed daily schedule for all camps.

PARENTS:

You are welcome to watch any and all sessions of the camp, make sure to get your parking permit as you enter the parking lot for registration. Please drop off and pick up your daughter at the assigned time.

COMMUTERS DEPARTURES:

If someone is picking you up after camp please make sure they know when the daily session ends (see specific camp schedule) or the correct camp check-out time. **Commuters** must be met promptly at the end of the day in The Comcast Center. If not, the commuters will be escorted over to the Dorm and can be picked up at that location.

PARKING:

Please note the attached information and follow the directions carefully to avoid tickets! Assume that we cannot help you with tickets.

CAMP STORE:

T-shirts, kneepads, and other volleyball items will be sold throughout camp.

TELEPHONE:

Volleyball Office: 301-314-9839 Camp Cell Phone: 301-204-9445
In case of an emergency in which parents need to reach their daughters, you can call the women's volleyball office between 8:30 am – 7:30 p.m. If you need to reach someone after hours use 301.204.9445 for EMERGENCIES ONLY!

REFUNDS:

Once a camper starts camp, there are **NO refunds for ANY reason**.

Tip Sheet for Campers and Parents – This should answer most questions prior to your visit.

Camp# / Name	Date	Check-In Time	Location	Check-Out/Pick-up
1 - Serving Clinic	7/15	7/15 12:30-1:00	Comcast Pavilion	7/15 - 5:30

Check-In for the Serving clinic will be in the Comcast Pavilion, which is located on the ground floor of the Comcast Center (on the softball field side.) Parking for the Serving clinic will be in lot 4b, which is located closest to the Softball Stadium and is free for the Saturday clinic only.

Camp# / Name	Date	Check-In Time	Location	Check-Out/Pick-up
2 - Total Player Camp	7/16-19	7/16 1:00- 2:00	Hagerstown Dorm	7/19 - 11:45–12:30
3 – High Performance Camp	7/29-8/1	7/29 1:00–2:00	Centreville Dorm	8/1 - 11:45-12:30
4 - Play Hard Team Camp	8/3-8/5	8/3 1:00- 2:00	Centreville Dorm	8/5 - 12:00- 1:00

Parking/Check-In/Check-Out: Driving signs will be placed on campus directing you to Check-In and Check-Out. When you approach Check-In, University staff in reflective vests will direct you to the appropriate lot and give you a parking permit. This permit allows parents to park during Check-In, Check-Out, and during games. **Parents:** be sure to get this permit at Check-In, park only in the valid lots listed on the permit, and keep it for Check-Out. If you will be driving your child to and from camp daily you will need this permit at all times. If a camper will be keeping a car on campus, she will need to purchase a permit at Check-In for \$5/day. **Commuting campers** will need to check in at the Resident hall at which time they will pick up their meal card and purchase a parking permit for \$5/day.

Car Keys: For Overnight Campers, who are driving their own automobiles, car keys will be turned in at check-in and will be held until checkout.

Residence Halls: You will be staying in one of the high-rise residence halls located on North Campus. At Check-In you will receive an electronically encoded swipe card that gives you access to the residence hall's main entrance, the elevators, and the dining hall. You will also receive a key for your room. *Do not loose your key or swipe card, as there is an \$85 fee for lost keys and a \$5 fee for lost swipe cards.*

**** AT CHECK-IN WE WILL COLLECT A REFUNDABLE KEY DEPOSIT OF \$85.00 FROM ALL OVERNIGHT CAMPERS. AT RESIDENT CHECK-OUT WE WILL RETURN YOUR KEY DEPOSIT ONCE YOU HAVE TURNED IN YOUR ROOM KEY TO THE RESIDENT HALL STAFF. *** Key Deposit checks can be made payable to: JKVBC.**

Resident Hospitality Desk: Each residence hall has a hospitality desk on the Ground Floor that operates 24-hours/day, 7 days/week. The hospitality desk staff can answer questions about lodging and meals, loan spare keys and access cards, check campers in and out, and should be notified immediately if any emergencies or accidents occur in the Residence Halls.

Parents: The Hospitality Desk can also post messages for your daughter on a bulletin board in the lobby.

The Phone numbers for the Hospitality Desks are: Total Player Camp - Hagerstown Hall = 301.314.4243

High Performance & Team Camp - Centreville Hall = 301-314-2368.

Resident Camper Rooms: Each person in a room will have her own twin bed, desk, and chair. There are no linens provided so you will want to bring your own. **The rooms in the North Campus Residence Halls are not air-conditioned: we recommend bringing a fan and extension cord.**

Resident Camper Hall Floors: Each floor has one or two common bathrooms with private shower stalls. Air-Conditioned lounges are located on most floors throughout the residence halls and are a good place to cool off when the heat is high.

Do I have a roommate? Yes. If you have requested a specific person to room with, we will place you with her. If you have not requested a roommate, we will place you with a camper closest to your age that does not have a roommate.

Where and when do I eat? The Diner is an all-you-care-to-eat facility. If you have special dietary needs, please contact the camp director as soon as possible to make appropriate accommodations. Your swipe card is your meal/access card and must be presented at each meal. If you lose your meal/access card you will need to purchase a \$5 replacement card from the Dining Hall attendee at the Diner for your remaining meals and also check out a access only swipe card from the Hospitality Desk in the Dorm. Parents may also eat in the dining hall by paying cash at the door.

What if I get hurt? Infrequently as this occurs, it does happen. If you become injured while on campus you will immediately be evaluated by our certified athletic trainer and referred to the appropriate Health Care Facility if necessary. We will use the emergency contact number you provided to reach you. If it is necessary we will transport your daughter to the nearest hospital for emergency care. Please make sure your health/insurance form is filled out accurately and completely and presented at check-in if you have not already returned it. We will contact a parent/guardian ASAP in case of an emergency. If injured, there is NO camp refund.

What if I lose something? FIRST, YOU ARE RESPONSIBLE FOR YOUR PERSONAL ITEMS AT ALL TIMES. THIS INCLUDES YOUR CELL PHONE AND MONEY. Do NOT leave any bags etc...in the gym between sessions. If you discover you have lost something while on campus, please check with the camp staff or the hospitality service desk in your dorm. Janice Kruger's Volleyball Camp, Inc., Camp Coaches and Counselors are not responsible for any lost items. We encourage campers to leave ALL valuables at home. If you leave an item behind, please call the Conferences and Visitor Services at (301) 314-7884 and give your name, dates of camp, hall you resided in, item lost and a number to contact.

What type of security is provided? Chaperones will be present at all times when campers are in the dorm and dining hall. Naturally, we encourage common sense to be used when visiting any campus. Always walk in pairs; be aware of your surroundings. The University Police Department provides police services 24 hours a day, 7 days a week.

What if I want to have visitors? Campers may only be checked out of the residence hall by a parent/guardian or camp staff. If you plan to leave camp early you must sign a check out/in sheet with Janice Kruger. The parent must approve visitors, other than parents, who may be taking the camper from the residence hall, during camp registration. Visitors are not permitted on the floors of the residence halls.

What type of behavior is expected? Campers are expected to follow all rules and regulations of the residence hall, coaches and volleyball camp staff. Drugs, alcohol and/or smoking will NOT be tolerated. If a camper is dismissed from camp for any disruptive behavior or not following the camp rules and regulations, **NO REFUND WILL BE GIVEN.**

What about check-out? Don't forget to check your dresser, under the beds and in the closet for any of your belongings. Return your room key and swipe card to the front desk of your Residence Hall prior to check out in order to receive your key deposit. Commuters may be picked up on the last day of Camp at The COMCAST CENTER.

What to Bring?

- Bed linens
- Towels
- Shower shoes
- Toiletries (toothbrush, toothpaste, soap, shampoo)
- Alarm Clock
- Fan & Extension Cord
- Money for Parking Permit if necessary (\$5/day/permit)
- Cell Phone or Calling Card
- T-Shirts, Shorts, Socks
- Volleyball or Athletic shoes & Kneepads
- Rain Gear / Umbrella

How can I find out more information about the University? If you would like a personalized tour or more detailed information about the University of Maryland at College Park, please contact the Admissions Office at 301-314-8385, or visit the University of Maryland web site at www.umd.edu or our athletic site at www.umterps.com.

YOUTH CAMP HEALTH EXAM/RECORD FOR VOLLEYBALL CAMPERS

Please Return completed form to: **JKVBC ~ P.O. Box 955 ~ College Park, MD ~ 20741-0955**

Name _____ Date of Birth _____ Phone _____

Guardian _____ Address _____

Emergency Contact _____ Phone _____

Date of Arrival at Camp: _____ Departure Date: _____

TO BE COMPLETED BY THE SPECIFIED MEDICAL PRACTITIONERS:

Date of Exam _____

_____ May participate in all camp activities

_____ May participate except for:

Medical information pertinent to routine care and emergencies:

Is this individual taking prescriptions / medications? YES NO

If yes, indicate prescription:

Does the individual have allergies? YES NO Explain:

Is the individual on a special diet? YES NO Explain:

This camper is up-to-date on all the following routine childhood immunizations currently recommended by the American Academy of Pediatrics and National Advisory Committee on Immunization Practices:

	Yes	No		Yes	No
Measles			Hepatitis B		
Mumps			Diphtheria		
Rubella			Pertussis		
Chickenpox			Polio		
Tetanus					

Comments:

Print name of medical care provider: _____

Medical care provider's address: _____

Medical care provider's: City _____ State _____ Zip Code _____

Signature of Physician, APRN or PA

Date Form Signed

DIRECTIONS

Directions to the Serving Clinic Registration Only at The Comcast Center

1. First follow Steps 1 & 2 only from the appropriate starting point (North, South, East or West) from the Total Player Camp Directions
2. Follow U.S 1 south approximately 1 mile- You will see signs for the UNIVERSITY
3. Exit RIGHT to the University of Maryland/Stadium Drive/Rt. 193
4. Turn LEFT at the **FIRST TRAFFIC LIGHT** (Serving Clinic only) onto Paint Branch Drive.
5. Follow Paint Branch Drive to parking lot 4b, which is on your RIGHT just before the softball stadium
6. Walk into the Comcast Center on the Ground floor.

Directions to Total Player Camp Registration at Hagerstown Dorm

FROM BALTIMORE AND POINTS NORTH:

1. Take 95 South to Washington, D.C.'s Capital Beltway (I 495).
2. Take Exit 27 and then follow signs to Exit 25 (U.S. 1 South toward College Park).
3. Follow U.S 1 approximately 1 mile - You will see signs for the UNIVERSITY
4. Exit RIGHT to the University of Maryland/Stadium Drive/Rt. 193
5. Turn LEFT at the **2nd Stop Light** (Total Player camp Only), which is STADIUM DRIVE.
6. Approaching the circle you will see the FOOTBALL STADIUM directly ahead of you. Drive 3/4 of the way around the circle and follow the signs to **HAGERSTOWN HALL** or VOLLEYBALL CAMPS.

FROM VIRGINIA AND POINTS SOUTH:

1. Take 95 North to Washington, D.C.'s Capital Beltway (I 495).
2. Continue North on I-95/I495 toward Baltimore.
3. Take Exit 25 (U.S. 1 South toward College Park).
4. Proceed approximately 1 mile south on U.S. Route 1 - You will see signs for the UNIVERSITY
5. Exit RIGHT to the University of Maryland/Stadium Drive/Rt. 193
6. Turn LEFT at the **2nd Stop Light** (Total Player camp Only), which is STADIUM DRIVE.
7. Approaching the circle you will see the FOOTBALL STADIUM directly ahead of you. Drive 3/4 of the way around the circle and follow the signs to **HAGERSTOWN HALL** or VOLLEYBALL CAMPS.

FROM VIRGINIA AND POINTS WEST

1. Take I-66 East or I-270 South to Washington, D.C.'s Capital Beltway (I-495).
2. Go East on I-495 toward Baltimore/Silver Spring.
3. Take Exit 25 (U.S. 1 South toward College Park).
4. Proceed approximately 1 mile south on U.S. Route 1 - You will see signs for the UNIVERSITY
5. Exit RIGHT to the University of Maryland/Stadium Drive/Rt. 193
6. Turn LEFT at the **2nd Stop Light** (Total Player camp Only), which is STADIUM DRIVE.
7. Approaching the circle you will see the FOOTBALL STADIUM directly ahead of you. Drive 3/4 of the way around the circle and follow the signs to **HAGERSTOWN HALL** or VOLLEYBALL CAMPS.

FROM ANNAPOLIS AND POINTS EAST

1. Take I-50 to Washington, D.C.'s Capital Beltway (I-495).
2. Go North on I-95/I-495 toward Baltimore.
3. Take Exit 25 (U.S. 1 South toward College Park).
4. Proceed approximately 2 miles south on U.S. Route 1 - You will see signs for the UNIVERSITY
5. Exit RIGHT to the University of Maryland/Stadium Drive/Rt. 193
6. Turn LEFT at the **2nd Stop Light** (Total Player camp Only), which is STADIUM DRIVE.
7. Approaching the circle you will see the FOOTBALL STADIUM directly ahead of you. Drive 3/4 of the way around the circle and follow the signs to **HAGERSTOWN HALL** or VOLLEYBALL CAMPS.

Directions to High Performance Camp & Play Hard Team Camp Registration at Centreville Dorm

FROM BALTIMORE AND POINTS NORTH:

1. Take 95 South to Washington, D.C.'s Capital Beltway (I 495).
2. Take Exit 27 and then follow signs to Exit 25 (U.S. 1 South toward College Park).
3. Proceed approximately **2 miles** south on U.S. Route 1.
4. Turn Right onto campus at **Campus Dr.**
5. Proceed straight to the traffic circle.
6. Signs at the circle and throughout campus will direct you to Check-In at **Centerville Resident Hall.**

FROM VIRGINIA AND POINTS SOUTH:

1. Take 95 North to Washington, D.C.'s Capital Beltway (I 495).
2. Continue North on I-95/I495 toward Baltimore.
3. Take Exit 25 (U.S. 1 South toward College Park).
4. Proceed approximately **2 miles** south on U.S. Route 1.
5. Turn Right onto campus at **Campus Dr.**
6. Proceed straight to the traffic circle.
7. Signs at the circle and throughout campus will direct you to Check-In at **Centerville Resident Hall.**

FROM VIRGINIA AND POINTS WEST

1. Take I-66 East or I-270 South to Washington, D.C.'s Capital Beltway (I-495).
2. Go East on I-495 toward Baltimore/Silver Spring.
3. Take Exit 25 (U.S. 1 South toward College Park).
4. Proceed approximately **2 miles** south on U.S. Route 1.
5. Turn Right onto campus at **Campus Dr.**
6. Proceed straight to the traffic circle.
7. Signs at the circle and throughout campus will direct you to Check-In at **Centerville Resident Hall.**

FROM ANNAPOLIS AND POINTS EAST

1. Take I-50 to Washington, D.C.'s Capital Beltway (I-495).
2. Go North on I-95/I-495 toward Baltimore.
3. Take Exit 25 (U.S. 1 South toward College Park).
4. Proceed approximately **2 miles** south on U.S. Route 1.
5. Turn Right onto campus at **Campus Dr.**
6. Proceed straight to the traffic circle.
7. Signs at the circle and throughout campus will direct you to Check-In at **Centerville Resident Hall.**

JANICE KRUGER'S 2006 VOLLEYBALL CAMP SCHEDULES

DAY	TIME	ACTIVITY	LOCATION
SERVING CLINIC			
Saturday, July 15, 2006			
	12:30 – 1:00	Registration	Comcast Center
	1:15 – 5:15	Serving Clinic	Comcast Center
	5:15 - 5:30	Closing	

TOTAL PLAYER CAMP

Sunday, July 16, 2006			
	1:00 - 2:00	Registration	Hagerstown Dorm
	2:30 - 5:00	Session 1 - Practice	Comcast
	5:00 - 5:30	Open Gym	Comcast
	6:00 - 7:00	Dinner	The Diner
	7:30 - 9:00	Session 2 - Practice	Comcast
	9:00 - 9:30	Resident Orientation	Comcast
Monday, July 17			
	8:30 - 9:30	Breakfast	The Diner
	10:00 -12:30	Session 3 -Practice	Comcast
	12:30 - 1:30	Lunch	The Diner
	2:00 - 4:30	Session 4 - Practice	Comcast
	4:30 - 5:00	Open Gym	Comcast
	5:15 - 6:15	Dinner	The Diner
	7:00 - 9:00	Session 5 - Play	Comcast
Tuesday, July 18			
	8:30 - 9:30	Breakfast	The Diner
	10:00 -12:30	Session 6 -Practice	Comcast
	12:30 - 1:30	Lunch	The Diner
	2:00 - 4:30	Session 7 - Practice	Comcast
	4:30 - 5:00	Open Gym	Comcast
	5:15 - 6:15	Dinner	The Diner
	7:00 - 9:00	Session 8 - Play	Comcast
Wednesday, July 19			
	8:00 - 9:00	Breakfast	The Diner
	9:30 -11:30	Session 9 – Play	Comcast
	11:45 -12:30	Check out	Hagerstown Dorm

HIGH PERFORMANCE SPECIALTY CAMP - Setter & Hitter Training

Saturday, July 29 2006			
	1:00 - 2:00	Registration	Centreville Dorm
	2:30 – 5:00	Session 1 - Practice	Comcast
	5:00 - 5:30	Open Gym	Comcast
	6:00 - 7:00	Dinner	The Diner
	7:30 - 9:00	Session 2 - Practice	Comcast
	9:00 - 9:30	Resident Orientation	Comcast
Sunday, July 30			
	8:30 - 9:30	Breakfast	The Diner
	10:00 -12:30	Session 3 -Practice	Comcast
	12:30 - 1:30	Lunch	The Diner
	2:00 - 4:30	Session 4 - Practice	Comcast
	4:30 - 5:00	Open Gym	Comcast
	5:15 - 6:15	Dinner	The Diner
	7:00 - 9:00	Session 5 - Play	Comcast
Monday, July 31			
	8:30 - 9:30	Breakfast	The Diner
	10:00 -12:30	Session 6 -Practice	Comcast
	12:30 - 1:30	Lunch	The Diner
	2:00 - 4:30	Session 7 - Practice	Comcast
	4:30 - 5:00	Open Gym	Comcast
	5:15 - 6:15	Dinner	The Diner
	7:00 - 9:00	Session 8 - Play	Comcast
Tuesday, August 1			
	8:00 - 9:00	Breakfast	The Diner
	9:30 -11:30	Session 9 – Play	Comcast
	11:45 -12:30	Check out	Centreville Dorm

DAY TIME ACTIVITY LOCATION

PLAY HARD TEAM CAMP

Thursday, August 3

1:00 - 2:00	Registration	Centreville Dorm
2:30 - 5:00	Session 1 – Practice	Comcast
5:15 - 6:15	Dinner	The Diner
7:00 - 7:30	Team Work Demo	Comcast
7:30 - 9:00	Session 2 - Team Drills	Comcast
9:00 - 9:30	Resident Orientation	Comcast

Friday, August 4

8:30 - 9:30	Breakfast	The Diner
10:00 -12:30	Session 3 - Team Drills	Comcast
12:30 - 1:30	Lunch	The Diner
2:15 - 2:30	Demo	Comcast
2:30 - 4:00	Session 4 – Wash Drills	Comcast
4:00 - 5:00	Tourney	Comcast
5:15 - 6:15	Dinner	The Diner
7:00 - 9:00	Session 5 - Tourney	Comcast

Saturday, August 5

8:00 - 9:00	Breakfast	The Diner
9:30 -12:00	Session 6 – Tourney	Comcast
12:00 - 1:00	Check Out	Centreville Dorm