

# Black & Gold Volleyball Camp Programs 2012



**HEAD COACH, HEATHER KAHL HOLMES** is in her 7<sup>th</sup> year at the helm of the Wake Forest volleyball program. Coach Holmes brings a wealth of experience to the floor both as a player and coach, she is building tradition within the program on the rise in both the ACC and national scene. Prior to her arrival at Wake Forest, she began her coaching career as an assistant at Clemson where she helped guide the Tigers to a 1997 ACC Tournament championship, a 1999 ACC Regular Season championship and 3 NCAA Tournament appearances. Before beginning her coaching career, Coach Holmes was a standout player for the Clemson Tigers, leading them to their first two NCAA Tournament appearances and one ACC Tournament Final as the team's starting setter from 1991-1994. She was selected to the ACC 50<sup>th</sup> Anniversary Volleyball Team on August 1, 2002.

**ASSISTANT COACH, CHAD WILLIS** is in his 7<sup>th</sup> season with the Wake Forest volleyball program. On the court, Willis supervises the training of the setters and coordinates the team's offensive systems. Willis serves as the DEACS recruiting coordinator in addition to serving as assistant camp director.



**ASSISTANT COACH, ABBEY WORRELL** is in her 1<sup>st</sup> season with the Demon Deacon volleyball program. On the court, Worrell supervises the training of outside and rightside hitters. She assists in recruiting and serves as assistant camp director.



## STAFF COACHES

The fundamental philosophy behind Black & Gold Volleyball Camps is to provide the highest level of training in an exciting and competitive environment. Our staff combined includes a variety of experience from the international, collegiate, high school and club development levels. In addition to the Wake Forest coaching staff and players, staff coaches will include current and former collegiate players, distinguished NCAA & NAIA collegiate coaches, high school and junior high coaches as well as respected junior development coaches from all over the country.

## REGISTRATION, HOUSING, MEALS

**REGISTRATION** Campers are required to register by completing the application form, having their parents/guardian sign the waiver statements and include insurance information. Full payment must accompany applications for any Day camps. A \$100 deposit must accompany Team camps & All Skills camp applications, please note Team camp applications should be submitted together by a coach or chaperone. **Checks should be made payable to: Black & Gold Volleyball Camps.** All deposits and payments are non-refundable after June 1, 2012.

**CONFIRMATION** Upon receipt of a completed application and payment, each camper will receive a confirmation email with check-in/out times and locations, a medical form, and additional information on travel, items to bring to camp, etc.

**HOUSING** All resident campers will be housed (2 per room) in air conditioned dorms on the campus of Wake Forest University. Bed linens and pillows are not included. Campers may indicate roommate preferences on the application.

**MEALS** All meals will be served in the Wake Forest University Reynolda Cafeteria. All-You-Can-Eat includes: the International Grill, Southern Kitchen, Produce Market, Mediterranean, The Grill and Bakery.

**FACILITIES** Camp sessions are conducted in Reynolds Gymnasium on the campus of Wake Forest University. There are a total of 4 gyms providing 8 courts; each gym is air conditioned.

**KEY DEPOSITS** Each camper participating in an overnight camp as a resident is required to provide a \$65 key deposit in cash or separate check payable to Black & Gold Volleyball Camps. Deposits will be returned at check-out after participants turn their keys in and a staff member checks the dorm room.

**TEAM CAMP COACHES** To reserve a spot for your team you must contact us by phone or email.

**CAMP STORE** A camp store will be available during sessions of camp. The camp store features the latest in volleyball equipment and paraphernalia provided by WF Volleyball and Lucky Dog.

## SCHEDULE & MISCELLANEOUS INFO

**TRAVEL** Directions and maps will be included in the confirmation letter/email to each participant. Wake Forest University is located in the beautiful city of Winston-Salem, NC and is accessible from the Piedmont Trial International (30 miles). Airport shuttle transportation is available for a round-trip fee of \$50. Please make sure and indicate on the application if you will be requesting shuttle service.

**ITEMS TO BRING TO CAMP** Each participant should bring plenty of t-shirts, shorts, socks, knee pads, training shoes or court shoes and money for the camp store. Resident campers staying overnight will need to bring bed linens, pillow(s), blanket(s), towel(s), alarm clock and any personal items. Each dorm room is equipped with a refrigerator.

**SCHEDULES** (Please note schedules are subject to change)

### Team Skills Camp:

July 10<sup>th</sup>: Check In 2-4pm, JV to 7:45pm, Varsity to 10pm

July 11<sup>th</sup>: JV-7:30am-7:45pm, Varsity-8:45am-10pm

July 12<sup>th</sup>: JV-7:30am-7:45pm, Varsity-10am-10pm

July 13<sup>th</sup>: JV & Varsity-7:30am-12pm

### Team Competition Camp:

July 14<sup>th</sup>: Check-In 8-9:30am, JV to 7:45pm, Varsity to 9:45pm

July 15<sup>th</sup>: JV-8:30am-9:30pm, Varsity-9:00am-10pm

July 16<sup>th</sup>: JV & Varsity-8:30am-4:00pm

### All Skills Camp

July 17<sup>th</sup>: Check In 3:30-5:30pm, 6-9pm

July 18<sup>th</sup> & 19<sup>th</sup>: 9am-12pm, 1:30-4:30pm, 6-9pm

July 20<sup>th</sup>: 9am-12pm

### Youth Day Camp

July 20<sup>th</sup> & 21<sup>st</sup>: Check In 8-9am, 9am-12pm, 1-4pm

### Setting & Attacking Camps

July 21<sup>st</sup>: Check In 8-9am, 9am-12pm, 1-4:30pm

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TEAM SKILLS CAMP	July 10-13 <sup>th</sup>
<p><b>Middle/High School Teams</b></p> <p>This camp is a great opportunity for Middle and High School programs to enhance their team dynamics and upgrade their team systems. The camp will feature technical instruction on individual skills in addition to the emphasis of team offensive and defensive strategies as well as tournament play for competitive experience. This camp runs 4 days with 8 training sessions. Fee includes tuition, housing (residents), all meals, and a Wake Forest volleyball. FREE room &amp; board to 1 Coach per team. <b>8 player minimum required for each team.</b> \$10 discount per player for schools bringing more than 1 team (discount &amp; volleyball only applies to 1 edition of Team Camp).</p> <p>CHECK-IN:            Tuesday July 10<sup>th</sup>                            2:00-4:00pm  <i>(Dinner &amp; Session to Follow) *Varsity &amp; JV Schedules will vary*</i></p> <p>CHECK-OUT:        Friday July 13<sup>th</sup>                                    12:00-1:30pm</p> <p>TUITION:            <b>\$300 (resident)    \$235 (commuter)</b></p> <p>DEPOSITS:          \$100 (non-refundable after June 1, 2012)                                    \$65 (refundable) Key Deposit-Residents Only</p> <p><i>* ALL checks made payable to Black &amp; Gold VB Camps. *</i></p>	

TEAM COMPETITION CAMP	July 14-16 <sup>th</sup>
<p><b>Middle/High School Teams</b></p> <p>This camp will place sole emphasis on team development through competition. This camp features "training through playing" and will include a variety of drills focusing on the competitive aspect of the game. Coaches have the option of training with their teams. This camp runs 3 days with 8 training sessions. Fee includes tuition, housing (residents), all meals, and a Wake Forest volleyball. FREE room &amp; board to 1 Coach per team. <b>8 player minimum required for each team.</b> \$10 discount per player for schools bringing more than 1 team; \$10 discount per player for attending both Team Camps.</p> <p>CHECK-IN:            Friday July 13<sup>th</sup>            6-8pm (\$30 early fee)                                    Saturday July 14<sup>th</sup>        8-9:30am</p> <p>CHECK-OUT:        Monday July 16<sup>th</sup>        4:30-6pm</p> <p>TUITION:            <b>\$260 (resident)    \$200 (commuter)</b></p> <p>DEPOSITS:          \$100 (non-refundable after June 1, 2012)                                    \$65 (refundable) Key Deposit-Residents Only</p> <p><i>* ALL checks made payable to Black &amp; Gold VB Camps. *</i></p>	

**SITE CAMPS: Middle & High School Coaches.**  
 The Black & Gold Volleyball Camp Staff offers a variety of satellite camps at your facility during the months of June, July and August. Let us bring an exciting training atmosphere into your gym! Please contact Chad Willis for more information & to reserve dates. (336) 758-6997 or williscr@wfu.edu.

ALL SKILLS CAMP	July 17-20 <sup>th</sup>
<p><b>Girls Ages 13-18</b></p> <p>This camp is designed for the intermediate to advanced volleyball player and will emphasize the technical fundamentals of the game including passing, setting, attacking, serving, blocking and defense. Emphasis placed on developing court movement, ball control, as well as game competition. The camp runs 4 days with 3 hour training sessions. Fee includes tuition, housing (residents), meals and a Wake Forest Volleyball t-shirt.</p> <p>CHECK-IN:            Tuesday July 17<sup>th</sup>        3:30-5:30pm</p> <p>CHECK-OUT:        Friday July 20<sup>th</sup>            12:00-1:30pm</p> <p>TUITION:            <b>\$390 (resident)    \$300 (commuter)</b></p> <p>DEPOSITS:          \$100 (non-refundable after June 1, 2012)                                    \$65 (refundable) Key Deposit</p> <p><i>* Airport shuttle transportation available from Greensboro roundtrip for a fee of \$50. *</i></p> <p><i>* \$30 Extra night fee applies ONLY to campers who want to stay overnight July 20<sup>th</sup> to participate in Setter or Attacking day camp. *</i></p> <p><i>* ALL checks made payable to Black &amp; Gold VB Camps. *</i></p>	

YOUTH DAY CAMP	July 20-21 <sup>st</sup>
<p><b>Boys &amp; Girls Ages 7-12</b></p> <p>This camp is designed for the beginner volleyball player and will emphasize the basic fundamentals of the game. This is not an overnight camp. The camp runs 2 days with 4 training sessions. Fee includes tuition, lunch and a Wake Forest Volleyball t-shirt.</p> <p>CHECK-IN:            Friday &amp; Saturday July 20-21<sup>st</sup>                                    8-9am Reynolds Gymnasium</p> <p>CHECK-OUT:        Friday &amp; Saturday July 20-21<sup>st</sup>                                    4pm Reynolds Gymnasium</p> <p>TUITION:            <b>\$135 payment due in Full</b></p> <p><i>* ALL checks made payable to Black &amp; Gold VB Camps. *</i></p>	

SETTER DAY CAMP	July 21 <sup>st</sup>
ATTACKING DAY CAMP	July 21 <sup>st</sup>

<p><b>Girls Ages 13-18</b></p> <p>These day camps are designed for players looking to enhance individual aspects of their game. Emphasis will be placed on specific techniques and skill sets related to each camp. These are 1 day camps featuring 2 sessions. Fee includes tuition, lunch and a Wake Forest Volleyball t-shirt.</p> <p>CHECK-IN:            Saturday July 21<sup>st</sup>                                    8-9am Reynolds Gymnasium</p> <p>CHECK-OUT:        Saturday July 21<sup>st</sup>                                    4:30pm Reynolds Gymnasium</p> <p>TUITION:            <b>\$100 payment due in Full</b></p> <p><i>* ALL checks made payable to Black &amp; Gold VB Camps. *</i></p>	
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