

2008 Volleyball Camp

Sample Daily Schedule

7:30 a.m. breakfast

8:30 a.m. depart for gym

9-9:30 a.m. camp warm up

9:30-11:00 a.m. Defense to attack

11-11:30 a.m. competition

11:45-1:00 p.m. lunch

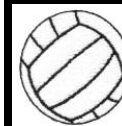
1-2:30 p.m. swimming/movie/free
time

2:30-4:30 p.m. Receive to attack

5-6:30 p.m. dinner

6:45-9:00 p.m. competition

10:30 p.m. lights out



2008 Volleyball
Camps

**Western Carolina
University**



**Individual Camp
July 11-14**

Western Carolina University
Volleyball Camp
Camp Lab
Cullowhee, NC 28723

Phone: 828-227-2390
Fax: 828-227-7079
Email: troggle@email.wcu.edu

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**Camp Director
Head Coach
Stephanie Dragan**



Head Coach Stephanie Dragan returns for her fourth season with the Catamounts. This will also be the fourth summer of volleyball camps under her direction. Coach Dragan has been directing camps for ten years. Her exper-

tise in the game of volleyball comes from varied experiences as a collegiate coach. Prior to her arrival at Western Carolina, Dragan was the head coach at Centre College for seven years where she had five consecutive seasons with twenty or more wins, produced the 2004 and 2003 SCAC Freshman of the Year, coached an All American, two AVCA South Region Players, and fifteen All SCAC selections.

Assistant Coach Talia Ogle make her Cata-mount debut as Assistant Camp Director. Talia may be new to the Catamounts but is no stranger to Western Carolina Volleyball. As an outside hitter at UNC-Asheville, Talia competed against the Catamounts for four years. Talia comes from UT-Pan America where she served as assistant coach for a year. Talia has worked camps all over the country and bring a wealth of experience to the Catamount court.

Court Coaches will consist of the current Western Carolina staff. Coach to camper ration is 8:1 and campers receive personal attention.

Individual Skills Camp, July 11-14, 2008

This camp focuses on the development of skills in all aspects of the game for campers grades 6-12. Campers will be divided by skill and placed in groups where they will improve and be challenged. Serving, passing, setting, attacking, blocking and transition will be taught throughout the camp. Campers will be given the resources they need to take their game to the next level.

Overnight \$325 (t-shirt, lodging, and meals included)

Commuter \$275 (t-shirt, lunch, and dinner included)

Campers need to bring the following:

Bed linens or sleeping bag, pillow, towel, toiletries, alarm clock, practice clothes, kneepads, bathing suit, and money for late night pizza.

Discounts (may NOT be combined)

Children directly related to WCU employees will receive a \$25 discount off the cost of Individual Camp.

Send in your application and deposit by April 30, 2008 and receive \$25 discount off the cost of Individual Camp.

Families sending more then one camper to camp will receive a \$25 off the younger camper.

Site Camp

The Western Carolina Volleyball staff also offer Site Camps. If your school is interested in having the Western Carolina Staff come to your school to do a camp, please contact Allison Magner at 828-227-2390 or amagner@wcu.edu Rates vary depending on distance and number of campers.

WCU 2008 Volleyball Camp Application

I will attend:	O night	Comm.
<input type="checkbox"/> Individual Camp	\$325	\$275
<input type="checkbox"/> Early Registration	\$300	\$250

A deposit of \$100 is required for each camper. Deposits are non-refundable.

Method of Payment

Check payable to WCU Volleyball
 Credit Card accepted by phone only
 828-227-2390

Airport shuttle is available from the Asheville Airport \$20 round trip. Call for more details. 828-227-2390

NAME _____

ADDRESS _____

CITY _____ ST _____ ZIP _____

PHONE _____

EMAIL _____

AGE _____ T-SHIRT SIZE _____ GRADE _____

HIGH SCHOOL _____

ROOMMATE _____

PARENT/GUARDIAN _____

Individual Camp:

July 11, 12:30-1:30 Check in at Camp Lab
 July 14, 11:30 Pick up at dorm

Make checks payable to WCU Volleyball.

Mail to: WCU Volleyball Camp, Camp Lab, Cullowhee, NC, 28723

For more information please call 828-227-2390