

# Camp Application

Camper's Name: \_\_\_\_\_

School: \_\_\_\_\_

Level: Jr. High Fresh. JV Varsity

Club: \_\_\_\_\_

Address: \_\_\_\_\_

City: \_\_\_\_\_

St.: \_\_\_\_\_ Zip: \_\_\_\_\_

Phone: \_\_\_\_\_

Email: \_\_\_\_\_

Date of Birth: \_\_\_\_\_ Grade Sept. '09 \_\_\_\_\_

Positions Played \_\_\_\_\_

T-Shirt size \_\_\_\_\_

A \$50.00 non-refundable deposit for each athlete is required to reserve a spot in either camp. The deposit must accompany this application. Make checks payable to **Marist College Volleyball Camp**.

Parental Consent:  
I hereby certify that my child is in good health and may participate in all activities and I remove the camp site, staff, management and Marist College Volleyball Camp, from all liabilities for injuries incurred at camp.

Signature: \_\_\_\_\_

***There will be a limited number of individuals able to participate. Please register early, so you don't miss out! Applicants will be taken on a first-come, first-served basis. Applications may be copied and distributed as needed.***

Send completed application to: Marist College Volleyball Camp, Marist College, 3399 North Road, McCann Center, Poughkeepsie, NY 12601 Contact us: (845) 575-3000 x2445 or thomas.hanna1@marist.edu.



McCann Athletic Center  
Marist College  
3399 North Road  
Poughkeepsie, NY 12601

Marist College 2009 Volleyball Camp



## **2009 MARIST RED FOX VOLLEYBALL CAMPS**

***NEW FOR 2009!***

**Overnight Advanced Camp  
July 31st-August 2nd**

**3rd Annual  
Evening Camp  
August 3rd-7th**

**VOLLEYBALL  
MARIST**

**GREAT FACILITIES!  
GREAT STAFF!  
INSTRUCTION FOR BEGINNING  
THROUGH EXPERIENCED  
PLAYERS!**

***GOREDFOXES.COM***

# **MARIST**

## **RED FOX VOLLEYBALL**



The 2008 season under third year head coach Tom Hanna resulted in a program record nine wins in the Metro Atlantic Athletic Conference for Marist. In his three seasons as the head coach, Marist has experienced their three best conference

finishes in program history.

Coach Hanna has coached 16 seasons of women's college volleyball on the Division I & II levels, as well as four seasons of men's volleyball at those same levels. His experience also includes working with the USA Men's National Team prior to the 1996 Olympics and assisting with tryouts at various levels for USA Volleyball since 1992.

In 2009 the Red Foxes hope to earn a spot in the MAAC tournament for the first time in Marist history. The returning group of 10 players features five returning starters from the 2008 campaign. They will be joined by another great recruiting class of players from across the country.

Come start your season off on the right foot with the Marist College Volleyball Camp. Let Coach Hanna, along with his staff and players, train you the same way the Red Foxes train! Our focus on technical training and competitive situations will help make 2009 your best season ever!

## **Camp Information**



**Eligibility:** For the evening camp, participants must be girls going into 7th-12th grade in the Fall of 2009. The overnight camp is for girls entering 9th-12th grade, as well as 2009 high school graduates. No previous playing experience is required.

**Times:** Evening camp runs from 5:30 - 8:30 p.m. August 3rd-7th. Check in will begin at 4:45 p.m. on August 3rd. Check in for the overnight camp will begin at 3:30 p.m. on July 31st.

**Cost:** The evening camp is \$165.00 per athlete. The overnight camp is \$275 per athlete. For both camps, the full payment is due by July 15th.

**Deposit:** A non-refundable \$50.00 deposit is due for each athlete participating in either camp. Please make checks payable to: Marist College Volleyball Camp. Both camps have limited space. The 2008 evening camp was a sellout! Register earlier so you don't miss out!

## **Instructional Plan**

The evening camp will focus on performing individual skills with correct technique consistently. Each of the six primary skills will be taught, with ball control being a major area of emphasis.

Individual skill work will lead into pass-set-hit combinations to take the skill work into a controlled match setting. From there, we will progress to team situations under match conditions and stressors.

The overnight camp will include more advanced technical and tactical training. This camp will feature position training as well as competitive drill situations for the more experienced player.

Campers will be exposed to new techniques and tactics to help improve their game in an encouraging learning environment. Each group will be assigned a coach that will train them for the duration of the camp. Both camps are available to all players based on age requirements as listed on the camp information page.

**MARIST VOLLEYBALL**

**T-SHIRT GIVEN TO EACH  
CAMPER!**