

CAMP INFORMATION

Resident / Commuter Available

All-Skills Camp (Grades 6-12) July 8-10

- | | | |
|--------------------------|-----------------|-------|
| <input type="checkbox"/> | Resident Camper | \$220 |
| <input type="checkbox"/> | Commuter Camper | \$200 |

Preferred Position

- | | |
|--------------------------|----------------|
| <input type="checkbox"/> | Setter |
| <input type="checkbox"/> | Libero/DS |
| <input type="checkbox"/> | Outside Hitter |
| <input type="checkbox"/> | Middle Blocker |



Skills Camp Hours

- | | |
|-------|-----------------|
| Day 1 | 5:00 pm—9:00 pm |
| Day 2 | 9:00 am—9:00 pm |
| Day 3 | 9:00 am—2:00 pm |

Reserve Your Spot Today:

\$50 per camp; non-refundable; applied to total; return check penalty \$25.

Bring the remaining total at the time of check-in.

APPLICATION INFORMATION

Make Checks Payable to:

Youngstown State Volleyball Camp

Send Application Fee to:

Volleyball Office
Youngstown State University
One University Plaza
Youngstown, OH 44555

Additional information will be sent upon acceptance. For more information contact the volleyball office:

Phone: 330-941-1920
Fax: 330-941-2968
E-mail: Cutnage@ysu.edu

YOUNGSTOWN STATE PENGUINS VOLLEYBALL

All Skills Camp
July 8-10 Grades 6-12



2008

YOUNGSTOWN STATE WOMEN'S VOLLEYBALL



Jessica Fraley-2007 Horizon League All-League First Team, Academic All-District

July 8-10
All Skills Camp
Grades 6-12



POSITIONS

The skills camp is designed to assist the female athlete in developing their full potential in their chosen specialized positions. The majority of the day is spent in improving basic skills and developing advanced techniques. All of the basic skills are covered but they are practiced and refined as they relate specifically to the player's position. As skills develop at camp, specialty groups will be brought together to practice their skills in combination with each other.

SETTING— Proper footwork, hand positioning, and accuracy will be the focus. Groups will be divided by age and ability level, with developing setters mastering the basics and advanced setters learning more complex offensive concepts. All setters will regularly work with hitters and passers to focus on team strategies. Great coaches will be providing feedback throughout many repetitions which is the key to being a great setter.

MIDDLE— If you want to concentrate on the skills related to excelling at the middle blocking/attacking position, you've found the camp. Developing players will focus on learning footwork skills in both blocking and attacking and with high and mid tempo sets, while learning the foundation of hitting quick sets. Advanced middles will learn the strategies of attacking in the quick offense, as well as blocking against such offenses. All types of quick sets will be practiced including the slide set.

OUTSIDE— Players will have the arm swing, footwork, and other basic skills broken down. Players will have the opportunity to attack and block both front sets and back sets. Developing players will have the opportunity to refine basic skills. More advanced outsides will be challenged with learning the skills and strategies needed to play in a faster tempo offense. Team strategies will also be practiced while combining with middles, setters, and backcourts.

LIBERO— A great choice for the young volleyball player who wants to focus on the fundamentals of serving, passing, digging, and emergency floor skills. The is also for that advanced player who wants to refine their basic backcourt skills. Groups will be divided by age and ability level and will work regularly in coach-controlled, game-like situations with setters and attackers.

CAMP DIRECTOR

Head Coach **Joe Bonner** is headed into his fourth year with YSU. Bonner has been a Division I coach for eight years and knows what it takes to make a program successful. In 2006 he brought in a top 100 recruiting class, and has begun making his mark at YSU. Each season Bonner coached the Penguins to career-best numbers and more victorious seasons. As an assistant, Bonner attended five NCAA tournament with two different programs, and a second round berth in 2003.

BONNERS NUMBERS:

- 3 Northeast Conference Championships
- 2 Atlantic-10 Championships
- 10 All Conference Players
- 4 Players of the Year
- 3 All Americans
- 2 Rookies of the Year



ASSISTANT DIRECTOR

Assistant Coach **Christy Utnage** is headed into her third season with the Penguins. She graduated from Dayton, where she was an undergraduate assistant for a season. In 2004 she ranked second in kills and earned All-American honors along with Player of the Year. She is the fifth player in school history to record 1,000 kills and 1,000 digs. Here at YSU, Utnage works with the outside hitters, serve receive and helps with recruiting.

IMPORTANT CAMP INFO

Check in for camp will be held at Lyden House from 1:00-2:30pm for residents and commuters. This is a female volleyball camp. The remaining cost of camp must be turned in at this time.

Housing and Dining: All residents will be staying two to a room in the Lyden House. Staff members will provide supervision at the dorms. All resident campers will receive breakfast, and all campers will receive lunch, and dinner. Lyden House is an air conditioned facility to make for pleasant sleeping conditions. All residents will have to bring their own bedding.

Check out will take place on Thursday by 4 pm.

Facilities: The YSU Skills Camp will take place in the air conditioned Stambaugh Stadium with 6 courts. Stambaugh is just a short walk from Lyden House.

Confirmation: When the application form, medical release form, and deposit are received, confirmation will be sent within two weeks. Confirmation will include an events packet including: map of campus, parking for both resident and commuter campers, an itinerary of events, and housing information.

REGISTRATION INFORMATION

Name _____
Age _____ Upcoming Grade in School _____
Address _____
City, State, and Zip _____
E-mail Address _____
Shirt Size (Adult) _____
Home Phone _____
Parents Name _____
Parents Work Phone(s) _____
Parent's SS# _____
School/Team Name _____
Coach's Name _____
Coach's Phone _____
Coach's E-mail Address _____
Birth Date _____

WAIVER AND RELEASE

Parent's Medical Insurance Carrier

Insurance Group # _____

Insurance Policy # _____

I give my permission for YSU medical personnel and affiliated health care providers to render whatever medical care and/or treatment they deem appropriate for my child _____ while attending the YSU Skills Camp. I also give my permission to transport _____ to the hospital for treatment.

Signature _____ Date _____

_____ is physically able to participate in the YSU Skills Camp. (Please note any restrictions.)

Physician's Signature* _____ Date _____

Physician's Address _____

***If no physician signature, parent must sign below.**

I assume full responsibility for my child's physical condition in regards to participating in the YSU Volleyball Skills Camp.

Parent Signature _____ Date _____