

# 2017



[www.legionvolleyballclub.com](http://www.legionvolleyballclub.com)

**Indoor Camp #1**  
**All Skills Camp**

Grades 7-12  
June 26 - June 29 (9am - 3pm)  
Columbia High School

**Indoor Camp #2**  
**Half-Day Specialization Camp**

Grades 8-12  
July 10 - 13 (1pm - 4pm)  
Columbia High School

**Indoor Camp #3**  
**Boys Half-Day All Skills Camp**

Boys Grades 8-12  
July 17 - 20 (1pm - 4pm)  
Columbia High School

**Indoor Camp #4**  
**Youth Half-Day All Skills Camp**

Grades 1-7  
July 17 - 20 (1pm - 4pm)  
Columbia High School

## CAMP HIGHLIGHTS

*Our goal is to provide personalized instruction to help improve the knowledge and skill level of each camper. Our staff aims to help stimulate a passion for volleyball in each and every camper as we teach the strategies of the game.*

- Instructor/Camper Ratio 1:8
- Intense Full-Day Camp from 9am-3pm
- Half Day Setter & Hitter Camp
- Players grouped by age and ability level
- Skill development, game strategy, team play
- LVC Camp T-Shirt
- Knowledgeable and experienced staff provides elite coaching and training

## CAMP STAFF

### **Chris Hosley**

Coach Hosley has over 17 years of volleyball experience at the high school, collegiate and club levels. He is a 2004 graduate of Springfield College where he played four years of collegiate volleyball. While at Springfield he was part of three National Championship teams from 2001-2003. He has participated as part of the Empire State Games Men's Open volleyball team from 2000-2013. Chris is currently the club director for LVC and head coach for the Columbia High School Girls Varsity team. Chris currently holds the IMPACT, Beach IMPACT and SafeSport certifications through USAV.

### **James Hosley**

James was the Varsity Girls and JV Boys coach at Ichabod Crane (07-08), the Modified Girls coach at Duanesburg (08-09), and is currently the assistant coach for the Siena College women's team. James was a member of the East Stroudsburg University, Division II Men's team from 2003-2005. He has competed at Men's Nationals at the BB, A and AA levels. He has also played in the Empire State Games at the Open and Scholastic levels, receiving Bronze and Silver Medals. James holds the IMPACT and SafeSport certification through USAV.

### **Mike Pelletier – Springfield College & Northumbria**

**Adam Vooris – SUNY Cortland**

**Traci Vandegrift – SUNY Albany**

**Courteny Hammond – SUNY Cortland**

**Rosilyn Cummings - SUNY Plattsburgh**

**Michael Ozols - Steven Institute of Technology**

**Michael Marshman - St. Francis University**

**Greg Jette - Brockport College**

*Send this part to:*

Legion Volleyball Club  
Attn: Chris Hosley  
551 Second Ave  
Troy, NY 12182

## CAMP INFORMATION

### Half-Day Specialization Camp

-A skills camp focusing on the disciplines needed for setters, hitters & liberos.

### Full-Day & Half Day Indoor Camp

-A skills camp focused on all aspects of the volleyball game and fine-tuning each skill.

### Camp Disciplines:

- \*Serving & Passing
- \*Setting & Attacking
- \*Blocking & Defense
- \*Offensive Strategies/Systems
- \*Defensive Strategies/Systems
- \*Agilities & Plyometrics

### Sample Daily Schedule

|             |  |
|-------------|--|
| 8:45-9:10   | Open Gym   |
| 9:10-9:20   | Warm Up & Stretch  |
| 9:20-9:30   | Daily Instruction & Preview  |
| 9:30-12:15  | Skill Development:<br>Serving, passing,<br>setting, attacking,<br>blocking & defense |
| 12:15-12:45 | Lunch (bring own)  |
| 12:45-1:00  | Warm Up & Stretch  |
| 1:00-2:00   | Games & Game<br>Strategies   |
| 2:00-3:00   | Camp Competition,<br>Games & Contests  |

## CAMP DATES & FEES

\*All camps include an LVC Camp T-shirt\*

**Indoor Camp #1      Grades 7-12**  
(All Skills Camp)  
June 26 - June 29      (9am - 3pm)  
Camp fee: \$200  
Late fee (after 6/19): \$225

**Indoor Camp #2      Grades 8-12**  
(Half-Day Specialization Camp)  
July 10 - July 13      (1pm - 4pm)  
Camp Fee: \$100  
Late Fee (after 6/19): \$125

**Indoor Camp #3      Grades 8-12**  
(Boys Half-Day All Skills Camp)  
July 17 - July 20      (1pm - 4pm)  
Camp fee: \$100  
Late fee (after 7/3): \$125

**Indoor Camp #4      Grades 1-7**  
(Youth Half-Day All Skills Camp)  
July 17 - July 20      (1pm - 4pm)  
Camp fee: \$100  
Late fee (after 7/3): \$125

## HOW TO SIGN UP

**Send the attached application to:**

**Mail:** Legion Volleyball Club  
Attn: Chris Hosley  
551 Second Ave.  
Troy, NY 12182

**Phone:** 518-859-2714  
**Email:** legionvbc@gmail.com

**Make checks payable to:**  
"Legion Volleyball Club"

## APPLICATION

First Name \_\_\_\_\_ Last Name \_\_\_\_\_

Address \_\_\_\_\_ Street \_\_\_\_\_

City \_\_\_\_\_ State \_\_\_\_\_ Zip Code \_\_\_\_\_

Telephone \_\_\_\_\_

Email \_\_\_\_\_

Date of Birth \_\_\_\_\_ Age \_\_\_\_\_

### **Camp To Attend:**

- \_\_\_ Indoor Camp #1: All Skills Camp (\$200)
- \_\_\_ Indoor Camp #2: Half-Day Specialization Camp (\$100)
- \_\_\_ Indoor Camp #3: Boys Half-Day All Skills Camp (\$100)
- \_\_\_ Indoor Camp #4: Youth Half-Day All Skills Camp (\$100)

### **Last Years Level of play (circle one):**

Modified      Freshman  
Junior Varsity      Varsity

**Position Played:**    Setter    Outside/Opposite    Middle    Libero/DS

**Adult T-Shirt Size:**    XS      S      M      L      XL

By signing below and submitting this application I affirm that my son/daughter is physically fit to participate in strenuous physical activity and I know of no medical reason prohibiting my child from participating in the Legion Volleyball Camps. I understand that personal injury insurance is not included in the camp fee and I waive the Legion Volleyball Camp, its officers, employees and property owners of any and all responsibility for injury or illness. My child is covered by health insurance by the policy listed below. I also understand that my signature grants the Legion Volleyball Camp Staff my full approval to have my son/daughter treated according to the staff's best judgment in the case of an emergency or injury.

Health Insurance Provider: \_\_\_\_\_

Policy #: \_\_\_\_\_

Allergies/Medications: \_\_\_\_\_

\_\_\_\_\_

Parent or Guardian Signature