

Cut and Send This Portion To:

Legion Volleyball Club
Attn: Chris Hosley
17 Timberland Drive
East Greenbush, NY 12061



2018 Volleyball Camp

www.legionvolleyballclub.com

Indoor Camp #1 All Skills Camp

Students Entering Grades 7-12
June 25 - June 28 (9am - 3pm)
Columbia High School

Indoor Camp #2
Half-Day Specialization Camp
Students Entering Grades 8-12
July 9 - 12 (1pm - 4pm)
Columbia High School

Indoor Camp #3
Boys Half-Day All Skills Camp
Boys Entering Grades 8-12
July 16 - July 19 (1pm - 4pm)
Columbia High School

Indoor Camp #4
Youth Half-Day All Skills Camp
Players Entering Grades 1-7
July 16 - July 19 (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

Directors

Chris Hosley

Coach Hosley has over 22 years of volleyball experience at the high school, collegiate, club and professional 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 and is currently a member of the NVA USA (National Volleyball Association). Chris is currently the club director for TeamLVC 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 is currently the assistant coach for the Siena Women's volleyball team. James was a member of the East Stroudsburg University DII men's team from 2003-2005. He has competed at Adult 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.

Staff

Mike Pelletier - Springfield College
Adam Vooris - SUNY Cortland
Traci Vandegrift - SUNY Albany
Courtney Hammond - SUNY Cortland
Michael Ozols - Stevens Institute of Technology
Michael Marshman - St. Francis University
Rosilyn Cummings - SUNY Plattsburgh

CAMP INFORMATION

Half-Day Specialization Camp

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

Full-Day & Half Day All Skills 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: Serving, passing, setting, attacking, blocking & defense
12:15-12:45	Lunch (bring own)
12:45-1:00	Warm Up & Stretch
1:00-2:00	Games & Game Strategies
2:00-3:00	Camp Competition, Games & Contests

CAMP DATES & FEES

All camps include an LVC Camp T-shirt

Indoor Camp #1 Grades 7-12

(All Skills Camp)
June 25 - June 28 (9am - 3pm)
Camp fee: \$200
Late fee (after 6/15): \$225

Indoor Camp #2 Grades 8-12

(Half-Day Specialization Camp)
July 9 - July 12 (1pm - 4pm)
Camp Fee: \$100
Late Fee (after 6/15): \$125

Indoor Camp #3 Grades 8-12

(Boys Half-Day All Skills Camp)
July 16 - July 19 (1pm - 4pm)
Camp fee: \$100
Late fee (after 6/29): \$125

Indoor Camp #4 Grades 1-7

(Youth Half-Day All Skills Camp)
July 16 - July 19 (1pm - 4pm)
Camp fee: \$100
Late fee (after 6/29): \$125

HOW TO SIGN UP

Send the attached application to:

Mail: Legion Volleyball Club
Attn: Chris Hosley
17 Timberland Drive
East Greenbush, NY 12061

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

Last Years Level of play (circle one):

Modified Junior Varsity Freshman Varsity

Positions Played: Setter Outside/Opposite
 Middle Libero/DS

T-Shirt Size: **Youth:** **SM** **MD** **LG** **XL**
 Adult: **SM** **MD** **LG** **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