

Sonoma State University's

Summer Volleyball Camps are designed to offer a unique learning and training environment for your young players of all skill levels from beginner to elite. Our camps offer fundamental skill instruction, position training, competition opportunities and much more.

Every aspect of the camps will be conducted

under the direct supervision of Sonoma State University

Head Coach Bear Grassl.

Bear has been involved with volleyball for over 18 years as the El Molino High School Coach from

1991-2001 (267-76), as the head coach of Empire VBC, and will be entering his seventh season as the Head Coach at SSU. In Bear's sixth year, Coach Grassl led the Seawolves to their first Regionals appearance since 1993. In 2008, Coach Grassl was named Coach of the year in the prestigious CCAA.

Head Coach Grassl and his Assistant Coaches Jesse Ortiz and Michaela Ebben are determined to provide every camper with a rich learning opportunity and a memorable camp experience.

Location

SSU Wolf Den Gymnasium on SSU Campus

"Early Sign-up Special"

Sign-up by **June 3rd** and receive \$25 off the price of any camps.

Here's what you do:

1) Visit www.SonomaSeawolves.com/VBCamps and fill out Registration Information.

2) Completely fill out all medical release on brochure. (No applications will be processed if incomplete.)

3) Send Check and Medical Release to SSU Volleyball Camps, 1801 E. Cotati Ave, Rohnert Park, Ca 94928

Please email Bear at bear.grassl@sonoma.edu with any questions

Medical Release Approval

Camper Name _____

Name of Team (Team Camp only) _____

M / F (circle one)

Age _____

Past Health _____

Past Injuries _____

Present Medications? _____

Drug Sensitivities? _____

Other allergies? _____

Insurance Company _____

Policy Number _____

Policy Holder _____

Waiver Form:

I hereby waive, release, absolve and indemnify agree to hold harmless the Sonoma State Volleyball Camps, its staff, suppliers, sponsor and participants or Sonoma State University for any injuries or illnesses incurred while at the camp. I acknowledge that injuries or accidents may occur while attending this camp. I give my approval for the below named individual to participate in any or all camp activities and I expressly assume any and all risk or hazards incidental to such participation. I agree to the cancellation policy below.

Signature of parent or legal guardian:

Parent or Guardian Name _____

Date _____

Address _____

City _____

Zip _____

Cell Phone _____

Home Phone _____

Work Phone _____

Emergency Contact and Phone number:

Cancellation Policy: No Refunds 5 days prior to camp start date. Refunds up to that point are given minus a \$50.00 administrative fee.



Registration Form

Name _____

Address _____ City _____ Zip _____

Phone number _____ Email _____ H.S. Grad Year _____

T-shirt Size (circle one) Youth M Lg Adult S M Lg XL

Camp(s) attending: Please check all camps and times that apply

4-8 Grade Camps

"Fun"amentals Camp - July 6-8

9:30am-12pm \$150 (half day) _____

9:30am-3pm \$225 (full day) _____

There will be a half hour lunch break for full day campers. Campers must provide their own lunch.

JYL Summer Volleyball Camp - July 20 to 24

4-6 pm - \$175 per player (per session) _____

9-12 Grade Camps

The "Winning Details" Camp - July 9-11

9:30am-12pm Serve/Pass/Sideout \$150 _____

1pm-3:30pm Digging/Rolling Camp \$150 _____

9:30am-3:30pm Both \$225 _____

There will be a hour lunch break for both camp participants. Campers must provide their own lunch.

High School All-Skills Camp - July 20-22

9:30am-12pm \$150 (half day) _____

9:30am-3pm \$225 (full day) _____

There will be a half hour lunch break for full day campers. Campers must provide their own lunch.

Setter/Hitter Emphasis Training Camp July 23-25

Setter Camp \$150 (9:30am-12pm) _____

Hitting Camp \$150 (12:30pm-3pm) _____

Both \$225 (9:30am-3pm) _____

There will be a half hour lunch break for both camp participants. Campers must provide their own lunch.

Seawolf Varsity Team Camp - August 15-16

10am-12pm & 1pm-4pm _____

\$75 per player

There will be a hour lunch break for team campers. Campers must provide their own lunch.

Seawolf JV Team Camp - August 22-23

10am-12pm & 1pm-4pm _____

\$50 per player

There will be a hour lunch break for team campers. Campers must provide their own lunch.

***Please fill out medical release form.**

Please make checks out to SSU Volleyball Camps and send with registration and medical release forms to SSU Volleyball Camps, 1801 E. Cotati Ave, Rohnert Park, Ca 94928

Camp Session Information

4-8 Grade Camps

“Fun”damentals Youth Camp- July 6-8

9:30am-12pm (half day) 9:30am-3pm (full day)

The YOUTH camp is open to girls entering 4th to 8th grade.. Campers will be divided into groups by skill and age level. The activity emphasis will be placed on “fun”damental skills, introduction to team volleyball concepts, and competition. There will be a half hour lunch break for full day campers. Campers must provide their own lunch.

Cost: \$150 (half day) \$225 (full day)

JYL Summer Camp -July 20 - 24

4pm-6pm

The YOUTH camp is open to girls entering 4th to 8th grade. A fun intro to volleyball with emphasis on low stress skill development, team concepts, and competition.

Cost : \$175 per player

9-12 Grade Camps

The “Winning Details” Training Camp- July 9-11

Serve/Pass/Sideout Camp: 9:30am-12pm (check-in begins at 9am)

Digging/Rolling/Defense Camp: 1pm-3:30pm (check-in begins at 12:15pm)

Both Camps 9:30am-3:30pm

This camp is open to all girls entering 9th to 12th grade.. The activity emphasis will be placed on training skills that are the reason why championships are won and lost; yet they are also the skills that are given the least attention. There will be a hour lunch break for full day campers. Campers must provide their own lunch.

Cost : Pass/Serve/Sideout Camp \$150

Digging/Rolling/Defense Camp \$150

Both camps \$225

High School All-Skills Camp- July 20-22

9:30am-12pm (half day) 9:30am-3pm (Full Day)

The Elite camp is open to all girls entering 9th to 12th grade.. The activity emphasis will be placed on training skills necessary to achieve elite high school performance. Included in camp will be attack selection, defense to offense transitions, blocking eye focus and defensive seam reading. There will be a half hour lunch break for full day campers. Campers must provide their own lunch.

Cost: \$150 (half day) - \$225 (full day)

Setter/Hitter Training Camp-July 23-25

Setter Camp 9:30am-12pm (check-in begins at 8:45am)

Hitter Camp 12:30pm-3pm (check-in begins at 12:15pm)

The Setter/Hitter camp is to develop attacking skills and will provide the essential environment for setter training. You will leave camp with skills that will impact your ability to help your team win. There will be a half hour lunch break for both camp participants. Campers must provide their own lunch.

Cost: Setter Camp \$150 / Hitter Camp \$150 Both Camps \$225

Seawolf Team Camps- August 15-16/ August 22-23

10am-12pm / 1pm-4pm

This camp is designed to give teams and their coaches a chance to play prior to the start of their season while receiving quality feedback from Sonoma State coaching staff. Teams will get training techniques used by the Seawolves and will play in a round robin format. Open to Varsity and JV teams only. There will be a hour lunch break for campers. Campers must provide their own lunch.

Cost \$75 per player

SSU Womens's Volleyball Camps
SSU Volleyball Office
1801 East Cotati Avenue
Rohnert Park, CA 94928



Sonoma State Volleyball
Head Coach
“Bear” Grassl
2008 CCAA Coach of the Year



Volleyball Camps 09

