

## Why Choose Viterbo Volleyball Camp?

- Quality instruction—this is a teaching/learning camp. Our coaches teach well. Fundamentals are emphasized throughout the camp in individual and team practice sessions.
- Camp will provide a variety of instruction in fundamental skills and also competitive game situations.
- Campers will be placed in similar ability groups to get the most of the instruction.
- Great female role models—the camp staff will consist of current and former collegiate volleyball players.
- High retention rate—over half of our campers each year have attended a previous Viterbo volleyball camp.
- Solo Spike is the premiere attack and spike trainer available. It allows for players to take many attacks in a short amount of time without ever having to shag a ball. The Solo Spike teaches arm extension, body mechanics, increases hitting height and all other hitting fundamentals. The Solo Spike is easily adjusted for player's height and can be used for teaching hitting, blocking and setting.

## Facilities



The camp has the capability of using both the Varsity Athletics Center, which is the home of all V-Hawk home games, and the Mathy Center. The Mathy Center is a multi-million dollar facility, with three volleyball courts.

## Supervision/Insurance

Participants will be supervised by the coaches and camp staff. It should be noted that all participants are expected to carry their own medical insurance. Viterbo will also provide an excess comprehensive medical insurance plan for participants. This plan covers all athletic-related accidents that your child may incur during instructional sessions in camp.

If you have any questions regarding the camps call coach DeLong at 608-796-3823 or email [rpdelong@viterbo.edu](mailto:rpdelong@viterbo.edu)

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U.S. Postage  
**PAID**  
La Crosse, WI  
Permit No. 529

Viterbo University  
900 Viterbo Drive  
La Crosse, WI 54601



**VITERBO VOLLEYBALL**  
**2011 Summer Camps**

2011  
SUMMER CAMPS

**VITERBO**  
**VOLLEYBALL**



2010 MCC Champions  
2010 Nationally Ranked  
Five straight 28+ game winning seasons

## Little Spiker Camp (Grades 2–5)

This camp is designed to give young girls their first exposure to the basic skills and strategies of the game of volleyball. The camp stresses fundamentals, while giving fun, and enthusiastic instruction.

July 18–21 • 9–11 a.m. • Cost: \$65

## All Skills Camp (Grades 6–12)

This is a camp that meets the needs of all levels of players—from the beginner to the advanced player. The camp will focus on all the basic skills: passing, serving, setting, blocking, and hitting. It will also introduce offensive and defensive strategies to make the players more complete on the court. There is plenty of one-on-one, and group teaching time.

Session 1: July 18–21 • 12:30–3 p.m. • Cost: \$70

Session 2: July 25–28 • 9–11:30 a.m. • Cost: \$70

## Advanced Camp (Grades 10–12)

This is for the player who has junior varsity or varsity experience, or who has played club ball. The camp will focus on perfecting the basic fundamentals, along with adding many advanced skills such as: jump serving, hitting, defending quick attacks, along with many different strategies to make you a better player. If you are focused on becoming a better player and taking the next step, this camp is for you.

July 25–28 • 1–4 p.m. • Cost \$75

## Hitter/Setter/Libero Camp (Grades 6–12)

This is a position camp that will take your game to the next level. Campers will break up into their positions and coaches will teach the basic and complex techniques of their position, along with learning the mental aspect of the game. Setters and hitters from the same school can be grouped together, giving them opportunity to work and learn together. Each position will receive many ball touches that will improve their game.

Session 1: July 21–22 • 6–8:30 p.m. (Thursday) • Cost: \$80  
9–11:30 a.m. and 12:30–3 p.m. (Friday)

Session 2: July 28–29 • 6–8:30 p.m. (Thursday) • Cost: \$80  
9–11:30 a.m. and 12:30–3 p.m. (Friday)

*Players can benefit from going to both the All Skills Camp, or Advanced Camp, and the Hitter/Setter/Libero Camp. Players can attend the two camps for a discounted fee of \$130.*

## Coaches Clinic (Coaches Only)

Coaches, kick start your 2011 season and get in the gym for new drills, strategies, and philosophies. During this time we will talk about teaching volleyball skills, how to design new drills that fit your team's needs, offensive and defensive strategies and concepts, strength and conditioning for the volleyball athlete, and other sessions to be determined. We will have successful college, high school and club coaches presenting and leading the sessions. The clinic will be designed to fit the level you are at, whether you are a veteran high school coach or just getting into the game, you will be challenged and able to take information away that will help you for your season.

July 22 • 8 a.m.–3 p.m. • Cost: \$75



## Camp Coaching Staff



V-Hawk coach **Ryan DeLong** is the camp director for the Viterbo summer camps and the technical director of V-Hawk Power. DeLong has completed his sixth season as V-Hawk coach, going 38–5 overall and a perfect 8–0 in Midwest Collegiate Conference play while also being named 2010 MCC Coach of the Year. The perfect record gave the V-Hawks their first MCC title in 20 years and was their

fifth consecutive winning season and the best record posted since 1990. In DeLong's six years as head coach, the V-Hawks have compiled a 170–81 record. DeLong came to Viterbo from Western Technical College, where he spent two years as the Cavaliers' head coach, posting a 50–20 record there and two conference titles. Prior to Western, DeLong was the head coach at Aquinas High School for three seasons posting a 45–7 record and two conference titles. He was also named *La Crosse Tribune* Coach of the Year in 2000. Eric Kunick, Phil Gilbert, and Heather (Harelstad) Henry will be assisting coach DeLong, along with the V-Hawk volleyball players.



Sponsored by:

## 2011 Summer Volleyball Camps

Name \_\_\_\_\_

Address \_\_\_\_\_

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

Home Phone ( ) \_\_\_\_\_ Cell Phone ( ) \_\_\_\_\_

Email \_\_\_\_\_

School \_\_\_\_\_ Grade Entering \_\_\_\_\_

T-shirt Size (adult sizes): XS S M L XL

### Check the session of the camp(s) you will be attending:

- Little Spiker Camp
- All Skills Camp:  Session 1  Session 2
- Advanced Camp
- Hitter/Setter/Libero Camp:  Session 1  Session 2
- V-Hawk Value Pack—I will attend the All Skills Camp, or Advanced Camp, along with the Hitter/Setter Camp and will receive the two camps at the discounted price of \$130.
- Coaches Clinic

I request that you accept the application for enrollment of my daughter in the Viterbo volleyball camp, held at Viterbo University, for the dates specified above. In consideration of your acceptance of her application, I hereby release Viterbo University, its employees and board of directors from all claims on the account of any injuries which may be sustained by my daughter while attending the camp. I agree to indemnify and hold Viterbo University and its employees harmless for injury and expense, including costs of defense, which may result from activities associated with participation in volleyball camp. If medical attention is required for injury or illness for the above named applicant, I give my permission for such medical care; and I take full responsibility for payment of such medical care.



Parent/guardian name printed \_\_\_\_\_

Parent/guardian signature \_\_\_\_\_

Insurance Company \_\_\_\_\_

Policy Number \_\_\_\_\_

Enclosed Check, amount \$ \_\_\_\_\_  
Make checks payable to "Viterbo University Volleyball". Mail to:  
Ryan DeLong, Viterbo University, 900 Viterbo Drive, La Crosse, WI 54601

Charge my Credit Card:    

Credit Card No. \_\_\_\_\_

Exp. Date \_\_\_\_\_

Signature \_\_\_\_\_