

// MEDICAL RELEASE //

The undersigned, being a parent or legal guardian of the child requesting camp admittance, does hereby affirm that the applicant is in good health and suffers from no illness, disability, or condition that requires the taking of medication on a regular basis unless that condition is disclosed and approved. Furthermore, the undersigned has no knowledge of any reason the applicant cannot participate in rigorous physical activity. The undersigned hereby expressly agrees to be responsible for any medical bill incurred in the treatment of any illness or accident. In the event of any such accident or injury, I hereby consent to allowing any of the camp supervisors to procure any medical treatment deemed advisable on behalf of my child or ward with-out prior consent.

I understand that as a condition of admittance as a camper, the undersigned, on behalf of all parents and guardians, and on behalf of the applicant, hereby releases the RMU Volleyball Camp, Robert Morris University, Dale Starr, and all other employees or agents of the camp from any and all liability from injury or illness, mental or physical, suffered by the camper during or related to camp unless caused by willful or gross negligence by the person or entity against whom the claim is made

Camper's Name Date

Parent/Guardian Name

Parent/Guardian Signature Date

MEDICAL INFORMATION

Does the camper have any pre-existing injuries? YES / NO

If yes, what?
Is the camper on any medication? YES / NO

If yes, what kind?
Does the camper have any allergies? YES / NO

If yes, what type?
Is there any medical background that the Training Staff should know about the camper? YES / NO

If yes, what?

Insurance

Insurance #

Emergency Contact Name

Emergency Contact Number

Relationship of Emergency Contact:

// MEET THE STAFF //

DALE STARR // RMU Head Volleyball Coach



Starr has been the head coach of the Robert Morris University volleyball teams for eight seasons and has been a college coach for 20 years. The Colonials have made the NEC Tournament in 18 of the last 19 seasons, including a 2015 NCAA Tournament appearance. A large portion of Starr's success can be attributed to his infectious energy and love of the game. He and his camp staff use that same enthusiasm to conduct their camps. No matter an athlete's age or skill level, a Colonial camp experience promises to be one full of learning and fun.

DANNY DOHERTY // RMU Assistant Volleyball Coach



Doherty has been an assistant coach at Robert Morris for seven seasons. His role during that time has been integral to the success of the team on the court. Doherty both played and coached volleyball at his alma mater, Kent State where he graduated in 2010. He was both a member and the coach of the Golden Flashes men's club volleyball team while serving as a student-assistant with the varsity women's team.

MATT STEHLIK // RMU Volunteer Assistant Volleyball Coach



Stehlik has been a member of the Robert Morris staff for five seasons. He puts his mathematics and engineering background to great use analyzing statistics and video to help the Colonials. Stehlik played for the club volleyball team at Carnegie Mellon University. He was the director of operations and a volunteer assistant coach at the University of Pittsburgh and an assistant at Waynesburg University.

// FOR MORE INFORMATION //

DANNY DOHERTY

Robert Morris Assistant Volleyball Coach
412-397-5941 — doherty@rmu.edu

RMUColonials.com — RMUVolleyballCamps.com
[@RMUVolleyball](https://twitter.com/RMUVolleyball)

RMU Volleyball Camp is open to any and all entrants and is only limited by number, age, grade level and/or gender.



// ELITE SKILLS CAMP //

Thursday, July 12 — Saturday, July 14
Commuter: \$285 — Overnight: \$385

The Elite Skills Camp is designed for any and all female entrants ages 15-18 and will teach and reinforce players the advanced skills of volleyball in all aspects of the game. This camp is a must for girls who are elite volleyball players striving to be the best and take their game to the next level. Athletes will be individually instructed on how to serve, serve receive, forearm pass, set, attack, and block. In addition, campers will learn attack coverage, team defense, team reception and team transition.

Elite Skills Camp Schedule

July 12 2:00 p.m. - 9:00 p.m. — Two sessions
July 13 10:00 a.m - 9:00 p.m. — Three sessions
July 14 10:00 a.m - 3:00 p.m. — Two sessions

// ALL SKILLS CAMP //

Sunday, July 8 — 10:00 a.m. to 4:00 p.m.
Cost: \$150

The All Skills Camp focuses on all aspects of the game with emphasis on fundamentals. sessions focus on improving individual aspects (passing/setting/hitting/serving/blocking/digging) at all levels through the use of skill specific training, while incorporating games and competitive play which will cover offensive and defensive systems.

At the All Skills Camp, there will be a meal break between the sessions, campers are encouraged to bring their own lunch. Pizza and snacks will be available at the camp store.

COLONIALS CLINIC SERIES

\$75 each // \$200 for all three

// HITTERS CLINIC //

Monday, July 9 — 6:00 p.m. to 9:00 p.m.
All ages

The Colonials Hitting / Arm Swing Camp is designed for all offensive players looking to improve their attacking skills. These skills include but are not limited to breaking down the fundamentals of the swing, attacking all along the net and from the back row.

// SETTERS CLINIC //

Tuesday, July 10 — 6:00 p.m. to 9:00 p.m.
All ages

The Colonials Setters Camp is designed for all setters looking to improve their setting skills. These skills include but are not limited to hand control, body positioning, footwork, location, transition to set, and attacking.

// BALL CONTROL CLINIC //

Wednesday, July 11 — 6:00 p.m. to 9:00 p.m.
All ages

The Colonials Ball Control Camp is designed for all players looking to improve their ball control skills. These skills include but are not limited to passing, using both platform and hands and back court defensive skills.

// LODGING, JULY 11th — \$50 //

Overnight accommodations are available for those attending the Ball Control Clinic and staying for Elite Skills Camp.

// CAMP INFORMATION //

Housing

- > Resident campers will reside in RMU Campus Housing.
- > Campers will be supervised by Camp/Resident Hall Staff
- > Rooms are double occupancy only.
- > Checkout is required after each camp.
- > There is a Lost Key/Failure to Return Key Fee of \$10.00.

Meals (Elite Skills Only)

- > All meals will be eaten in the RMU Dining Facilities located in the Nicholson Center
- > Resident campers receive breakfast, lunch and dinner meals. snacks will be available at the Camp Store
- > Commuter campers receive lunch and dinner meals only.

Medical

- > Be sure to mail the attached medical release form (see Medical Release form on brochure) due with the application.
- > CAMPERS WITHOUT MEDICAL INFORMATION WILL NOT BE ALLOWED TO PARTICIPATE.
- > All campers must be insured (we are a secondary provider).
- > Certified Athletic Trainers will be on staff at each session.

What to Bring

- > All campers will need to provide their own water bottle, socks, kneepads, T-shirts, spandex/shorts and shoes for practice sessions. An umbrella or poncho is suggested - please be prepared if it rains!
- > Resident campers also will need the above items along with sleepwear, toiletries, an alarm clock, towels and bed linens for a single sized bed. Spending money is also suggested for resident and commuter campers for the camp store.

Camp Store

- >The camp store will be open at registration, after each session and at the conclusion of each camp. Items being sold will include snacks, drinks and volleyball clothing.

Important Notes

- > Register via mail or online at www.RMUVolleyballCamps.com
- > NO phoned applications are accepted.
- > Space is limited to ensure low camper - coach ratio.
- > All camps fill to capacity.
- > When camps are filled to capacity, the camper will be placed on a waiting list. A letter will be sent to notify each waiting list camper. Placement on the waiting list is according to the date the application was received.

Cancellation Policy

- >There will be a \$50 administrative fee for any cancellations.
- > If the cancellation is made less than seven (7) days prior to camp there will be NO REFUNDS; only credits towards another 2016 camp.
- > All cancellations must be submitted in writing by email to starr@rmu.edu.
- > There will be no refunds after the start of camp.

// COLONIAL CAMP REGISTRATION //

Name					
Address					
City	State	Zip Code			
Phone					
Secondary Phone Number					
E-Mail					
Volleyball Skill Level (circle one)	Beginner	Intermediate	Elite		
Height					
T-Shirt Size (circle one)	Y-XL	S	M	L	XL
Grade Entering in Fall 2018					

Sign up for:

- Elite Skills Camp - Commuter
- Elite Skills Camp - Overnight
- All Skills Camp
- Three Clinic Package
- Hitters Clinic
- Setters Clinic
- Ball Control Clinic

Price

- \$285
- \$385
- \$150
- \$200
- \$75
- \$75
- \$75

Robert Morris University Employee Pricing:

\$20 off All Skills Camp; \$25 off Elite Skills Camp

Make Checks Payable To:

Robert Morris Volleyball Camps

Mail to:

Robert Morris Volleyball Camps
6001 University Blvd.
Moon Township, PA 15108