

# INSIDE OUT VOLLEYBALL 2009 SUMMER VOLLEYBALL CAMPS

**BEACH SKILLS CAMP**  
JULY 2,9,16,23,30  
10AM – 12PM

**HITTER'S/DS, LIBERO**  
JULY 13-15  
HITTERS- 9-11 AM  
SETTERS- 11 AM-1 PM  
DS, LIBERO 1-3 PM

**JR. HIGH ALL SKILLS**  
JULY 20-22 1-4 PM  
**HIGH SCHOOL ALL SKILLS**  
JULY 20-22 9 AM-12 PM

**BOOT CAMP**  
AUGUST 3-6

This summer, Inside Out Volleyball is offering many different camps ranging in age, ability and structure. There are camps for girls entering grade 4 all the way through grade 12. We have All Skills Camps, Setter's Camps, DS, Hitter's Camps and a Beach Camp. There is also a boot camp to help prepare you for high school try-outs. Player to instructor ratio is around 8-1 except for boot camp which is higher.

## **HEAD INSTRUCTORS:**

### **Rick Rykse**

- Club Director Inside Out Juniors
- Davenport University Head Coach 2006- present
- Inside Out Juniors 18 National Head Coach
- Ravenna H.S. Head Coach 2001 - 2005

### **Trent Smillie**

- Club Director Team Angle
- Team Angle 16 National Head Coach
- MPVA Pro Beach Player since 1992

### **\*Boot Camp Instructor :**

**Dan Potts**  
**Trent Smillie**

Other instructors to include Inside Out Juniors coaches and former players currently playing in college.

### I. BEACH SKILLS CAMP

Grades 7-12

- Thursdays, July 2,9,16,23,30
- 10am-12pm
- Includes camp t-shirt
- \$50.00 per player

The coaches will reinforce fundamental skills while incorporating plyometric training. Individual skills will be taught along with the introduction to beach volleyball tactics and strategies for doubles, triples and quad play.

### II. SPECIALTY CAMP HITTERS/ DS & LIBERO CAMP/SETTERS

- Monday ,Tuesday, Wednesday July 13-15
- Hitters 9:00am-11:00am
- Setters 11:00 am – 1:00 pm
- Libero/ Defense 1:00- 3:00 pm
- Includes camp t-shirt
- \$60 per player

This camp is geared for the serious volleyball player who wants to focus on improving their defense, hitting or setting. Sign up early as this camp will fill quickly.

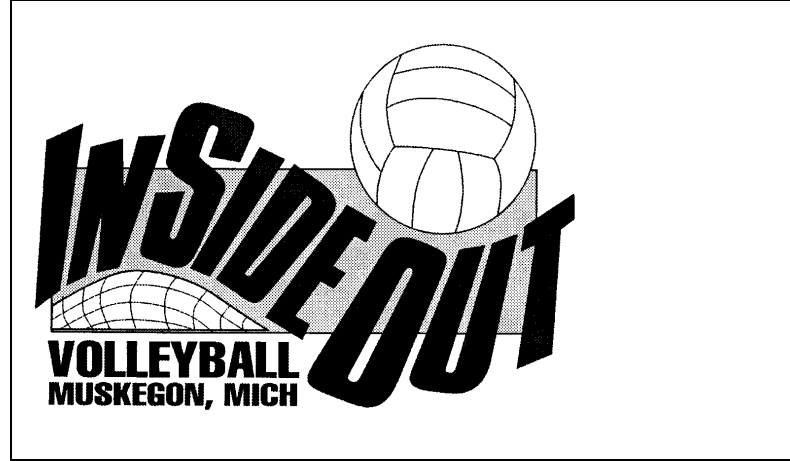
### III. JUNIOR HIGH ALL SKILLS CAMP GRADES 4-8

- Monday ,Tuesday, Wednesday July 20-22
- 1:00 p.m. – 4:00pm
- Includes training in: ball control (overhand and underhand passing), individual and team defense, serving, serve reception, attacking and blocking.
- Includes camp t-shirt
- \$95 per player
- Limit 40 players, first come, first serve

This camp is a high intensity training clinic geared towards middle school girls looking to improve their all around skills and make more of an impact on their school or club team.

### IV. HIGH SCHOOL ALL SKILLS CAMP GRADES 9-12

- Monday, Tuesday, Wednesday July 20-22
- 9:00-12:00 pm
- Includes training in: ball control (overhand and underhand passing), individual and team defense, serving, serve reception, attacking and blocking.
- Includes camp t-shirt
- \$95 per player
- Limit 40 players, first-come, first-serve.



### V. BOOT CAMP

\* Monday August 3 through Thursday August 6

**(Monday through Thursday)**

- Session A- All Skills 3:00 – 4:45 pm
- Session B- Setters 5:00-6:45 pm
- Session C- All Skills 7:00 – 8:45 pm

- **Cost:**
- \$50 for 4 sessions

This camp is designed to get you ready for high school volleyball try-outs which begin the following week. This is a high intensity camp geared toward high repetitions on basic drills.

### INDIVIDUAL REGISTRATION

Name \_\_\_\_\_ E-mail \_\_\_\_\_ School \_\_\_\_\_  
 Address \_\_\_\_\_ Grade \_\_\_\_\_ T-Shirt Size: Adult XS S M L XL  
 City \_\_\_\_\_ Zip \_\_\_\_\_ Phone (\_\_\_\_) \_\_\_\_\_

#### Camps Attending:

- I. Beach Skills Camp \$50  
July 2,9,16,23,30
- II. Specialty Camp \$60  
July 13-15  
-Hitters
- Setters
- DS/Libero

- .III. All Skills Camp (Junior High ) \$95  
July 20-22
- IV. All Skills Camp High School) \$95  
II. Setters \$60
- VI. Boot Camp Aug. 3-6  
\$50 for 4 sessions  
Session: A - B - C  
(circle one)

Make checks payable to Inside Out Volleyball. All camps are filled on a first come, first serve basis. Payment reserves your spot. All entries & payment must be received at least two weeks prior to start of camp. Registration received after that time requires a \$10 late fee. Cancellations less than two weeks before camp will receive no refund. If more than 2 weeks, you will receive 50% of the total cost refunded

Mail form and payment to: Inside Out Volleyball  
3367 Hoyt Street  
Muskegon, MI 49444

Form of payment: Cash Check

Visa/MC/Discover/AMEX# \_\_\_\_\_  
 Exp. Date \_\_\_\_\_  
 Signature: \_\_\_\_\_