



CENTRAL LAKES COLLEGE
RAIDER VOLLEYBALL CAMPS
SUMMER 2010

JUNE 8th and 9th SETTERS CLINIC

9 a.m. – 11:30 a.m.

\$20/day

(Limit 20 participants)

Two clinics just for setters! Come for one or both. Top ten things every setter should know and be able to do. Everything from having consistency and control to offensive strategies, eye pattern movements, being deceptive, and playing defense while you set will be covered. 9th through 12th grade setters only.

JUNE 14-17 SKILLS CAMP

9a.m. – noon

\$75

(Limit 36 participants)

Designed for the younger player who has had some introduction to the game. Skills specific to hitting, setting, passing, serving, and digging will be broken down. Players will be divided into groups to accommodate different skill levels. 6th-9th graders only.

JUNE 14-17 SETTER/HITTER

1p.m.– 4p.m.

\$80

(Limit 36 participants)

Designed for the more experienced player (entering grade 10 and up). Players will receive more advanced training specific to their position. Movement patterns, footwork, varying the attack and transition will be emphasized. Players will be divided into groups to accommodate different skill levels. Some game play each day. Please specify position on registration form. 10-12 grade only.

CLC Volleyball Camp philosophy is to provide high quality instruction and enthusiasm for the game of volleyball. We like to teach people to love the game. The skills involved in the game of volleyball are very complex and difficult to perform. We break skills down so that we can build success one step at a time. There are many different levels of play in this game. We will push you to reach the next level, to be the best player you can be, but we will not teach over your head (or body). Expectations are realistic!

The camp director, **Jane Peterson**, is the head coach at Central Lakes College. Jane coached the Raiders to National Junior College Athletic Association Division III Championships in 2007, 2001 and 2000 and to a third place finishes in 2003, 2004, 2005, and 2006. She is a three time NJCAA Division III Coach of the Year and the 2007 American Volleyball Coaches Association Two Year College Coach of the year. Jane has a contagious enthusiasm for the game. Her main priority is to teach people to have fun with the game of volleyball! Current and former Raider players and coaches will be giving individual attention at all of these camps. If you have any questions you can call Jane at **218-855-8210** or e-mail her at **jpeterso@clcmn.edu**.

