

2014
**Cazenovia
Laker's
Volleyball
Camp**

for girls entering
grades 7th - 12th



Four Day Session

July 28th - July 31st

@ **Cazenovia High
School**

Director:

Brian Ellithorpe has been the Girls Varsity Volleyball coach at Cazenovia High School for 18 seasons, coached at SUNY Morrisville for 5 years, Morrisville-Eaton Varsity for 4 years, and club coach for Homer Area Volleyball Club. Aside from building strong programs, his teams have won League, Sectional, Conference, and NYS Regional titles. It is his goal to improve the skills of volleyball players in the area and continue the success of Section 3 volleyball. This camp is designed to meet the needs of today's young players by improving fundamentals, knowledge, and building team concepts.

Staff:

The staff is made up of College, Varsity, JV, and Club coaches from the 2013/14 season. Including, Trisha Moesch, JV coach at Cazenovia, former varsity coach at Homer High School. Jeremy Cook, founder of Homer Area Volleyball Club, SUNY Morrisville asst. coach, Homer Var. coach. Plus other coaches, and current college players! It will be their duty to give individual attention to each camper, and see that each one reaches her potential. Each camper will be placed with other athletes of similar ability levels to ensure a successful and positive experience.

Dates and Times:

July 28th - July 31st

Arrival @ 9:00am - Depart @ 12:00pm

Ages:

All girls entering grades 7th - 12th in the fall of the 2014/2015 school year.

For further Information, Call:

Coach Ellithorpe @ 315-243-2748

Campers should bring:

Sneakers
Spandex
Shorts & T-shirt
Water Bottle
Knee pads

(No volleyballs, we have plenty!)

Location:

Cazenovia High School
Cazenovia, NY

Cost: \$95 for the week

Includes: 4 days of instruction and play, Camp T- shirt, and pizza party on Thursday.

We recommend sending in applications early to guarantee your spot, although no one is turned away, it is necessary to insure a number for ordering T-shirts.

Daily Activities

Typical Schedule:

9:00	Campers arrive
9:15	Warm-up
9:30	Fundamental work
10:30	Meet with coach and Team practice
11:00	Serving Serve-Receive
11:15	Games
	Game-like Drills
12:00	Departure

Application for Cazenovia Laker's Volleyball Camp

Name _____

Address _____

City _____

State _____ Zip _____

Home Phone _____

Cell Phone _____

Age _____ Height _____

Gr. Fall '14 _____ Shirt size _____

Upon acceptance, I promise to conform to the regulations and rules of the Cazenovia Laker's Volleyball Camp. Enclosed is my \$95 payment for the week.

Signature _____

(Athlete)

Signature _____

(parent or guardian)

Make checks payable and send to:

Brian S. Ellithorpe

1426 US Rt. 20 W.

Cazenovia, New York 13035

Questions, Call:

Coach Ellithorpe @ 315-243-2748

