

# Missouri State UNIVERSITY 2010 VOLLEYBALL CAMPS

Directed and run by the Missouri State Coaching  
Staff and their players (camp counselors)

SR. MELISSA GMUR



SR. BETHANY FULLER



SR. CARA HACKMANN



SR. SHAYLA PATRICK



Camps for young players, high school age, next level,  
setters, hitters, liberos and teams.



**Missouri  
State**

**Missouri State**  
UNIVERSITY

Bears Volleyball  
901 S. National Ave.  
Springfield, Missouri 65897

"2010 Missouri State Bears Volleyball Camps"  
• Individual Instruction • Team Camps  
• Competition • Awards • Prizes



# Missouri State

## 2010 Volleyball Camps

*"A Commitment to Excellence"*



Melissa Stokes, the 2003 Missouri Valley Conference Coach of the Year, has guided the Bears to ELEVEN consecutive 20 plus win seasons. Only the third head coach in the 44 years of the program's history, she has over 22 years of playing and coaching experience with 314 wins for a .684 winning percentage at MSU!

The 14th year coach of the Bears is excited to share her knowledge and enthusiasm for volleyball with you this summer. Her extensive coaching experience has given her the opportunity to be successful at a variety of levels. She runs and directs every camp and all camp demonstrations.

As a high school coach, she compiled an overall record of 137-32 from 1989-1992. As the first assistant at Idaho, she helped guide them to a 103-21 record to include a .674 winning percentage and an average of 21 wins per season. As a player at San Diego State, she still ranks 4th on the school's career assists list with 2,239. She received her Masters of Science Degree in Sports & Recreation Management from Idaho in 1995.

### *The Stokes File*

- 
- 2 All-Americans
  - 4 All-Region Selections
  - NCAA Tournament Appearances: 2003, 2005, 2006 (2nd Round), 2007 & 2008
    - 2nd team in the country to reach 1,000 Program Wins
  - 9 consecutive 1st or 2nd place finishes in Conference Regular Season or Tourney
  - 11 consecutive seasons with 20+ wins
  - 52 players named to the All-MVC teams, as well as 1 Coach of the Year, 1 Player of the Year, 1 Freshman of the Year, 1 Libero of the Year and 2 Defensive Players of the Year
  - 6 Professional players / 1 Canadian National Team Player
  - 43 players named to MVC All-Academic Team
  - 4 GTE All-Americans
  - Combined team GPA over a 3.00 over 14 years
  - 1st Coach in MVC history since 1983 to record 20 wins in the 1st season as Head Coach
  - Overall Record of 237-87 since 2000
  - Camp and Clinical experience throughout the country
  - USA Level III Cap Certified

### *The Stokes File Continued*

#### 2009 RESULTS

- 2nd in MVC Regular Season
- MVC All-Tournament Team - Calli Norman
- MVC Libero of the Year - Cara Hackmann
- MVC Defensive Player of the Year - Cara Hackmann
- 3 MVC Scholar Athletes
- 4 MVC All-Conference Team
- 4 Player of the Week Awards
- 5 Defensive Player of the Week Awards
- National Player of the Week - Cara Hackmann
- CoSida/ESPN the Magazine Academic All-District Second Team - Cara Hackmann

Missouri State University is committed to the development of volleyball in Missouri and across the country. It is the intention of our staff to provide quality instruction by keeping the camps small and personal. Ninety percent of your time will be spent on the volleyball court in order to give you the best opportunity to develop your game.

### *What are Coaches and Parents Saying about Bears Volleyball Camps?*

The high energy of the Missouri State Volleyball Camps created an ideal learning environment for the athletes. The dynamic relationship between skill development and competition was a perfect balance for a youth volleyball camp.

*-Dean Lowrie, Canadian Junior National Team Coach*

"The MSU Volleyball camp is where my daughter fell in love with volleyball. From the time that she went to her first camp, she was hooked. The MSU camp teaches correct skill development while making it fun, which has fueled my daughter's passion for the game. It is a small price to pay to see my daughter's excitement for the game and her high level achievements soar thanks to the MSU Volleyball camps."

*-DJ and Sara Freeman*

*parents of a MSU Volleyball Camper that attends camp every year!*

### *The Coaching Staff*

The Missouri State Volleyball Camp has prided itself on quality instruction. Recent coaching staffs have included:

- **MELISSA STOKES** - MSU Head Volleyball Coach
- **JENI JONES** - MSU Associate Head Volleyball Coach
- **LEAH JOHNSON** - MSU Assistant Volleyball Coach
- Top Regional High School and Club Head Coaches.
- Current & former Missouri State Volleyball Players complete the camp staff. These players and coaches serve as excellent role models for young athletes.

#### TRAVEL CAMPS

If you are interested in hosting a Missouri State Volleyball Camp at your school, please contact us at (417) 836-8384.

## YOUNG PLAYERS CAMP

June 1 (Grades K-4th) open to girls & boys

Cost: \$65 (includes lunch)

Check-in 9:00 p.m. Camp ends 4:00 p.m.

This is an introductory camp for young players to discover the wonderful world of volleyball! This one day camp will cover the basic skills of volleyball and a lot of fun games, contests and swimming! (Be sure to bring your swim suit!)

## JUNIOR HIGH CAMP

June 2-4 or July 6-8 (Grades 5th-7th) open to girls & boys

Cost: \$200 (Resident — all meals) \$150 (Commuter — no meals)

Jr High #1 June 2 Check-in 9:00 p.m. June 4 Camp ends 12:00 p.m.

Jr High #2 July 6 Check-in 9:00 a.m. July 8 Camp ends 12:00 p.m.

This camp will cover all techniques in a progressive manner with a lot of fun tournaments and competitions. Also included are staff technique demonstrations and quality instruction in individual techniques of serving, passing, setting, attacking, blocking, serve reception and defense. Camp ends daily at 5:00 p.m.

Resident campers will enjoy more volleyball or relax in one of our well supervised air conditioned dorms (ice cream sundaes, movies, and popcorn will be provided.)

## HIGH SCHOOL CAMP

July 12-14 (Grades 8th-12th) open to girls & boys

Cost: \$200 (Resident — all meals) \$150 (Commuter — no meals)

July 12 Check-in 9:00 a.m. July 14 Camp ends 12:00 p.m.

This camp will cover all techniques in a progressive manner with a lot of fun tournaments and competitions. Also included are staff technique demonstrations and quality instruction in individual techniques of serving, passing, setting, attacking, blocking, serve reception and defense. Camp will end daily at 5:00 p.m. for all commuters. Resident campers will enjoy more volleyball or relax in one of our well supervised air conditioned dorms (ice cream sundaes, movies, and popcorn will be provided.)

## SPECIALTY POSITION CLINIC SERIES

Cost: \$30 per clinic or \$50 for both

June 2-3 (Grades 5th-7th)

July 6-7 (Grades 5th-7th),

July 12-13 (Grades 8th-12th)

Check-in 6:45 p.m. Camp ends 9:00 p.m.

The Specialty Clinic Series are for those individuals serious about taking their game to the next level. Each session will be limited to 50 campers to ensure personal one on one attention to each camper.

Serving & Passing Clinic — 7:00-9:00 p.m.

June 2 or July 6 (Grades 5th-7th)

July 12 (Grades 8th-12th)

This clinic will cover the proper techniques of serving as well as tips for being more successful and effective from behind the end line. It will also cover a basic passing progression along with many drills you can do, so you can pass nails during competition!

Setting & Attacking Clinic — 7:00-9:00 p.m.

June 3 or July 7 (Grades 5th-7th)

July 13 (Grades 8th-12th)

This clinic will cover all aspects of setting and attacking, including a breakdown of each skill. The camp will end with setter/hitter connections and drills, as well as games that include the various skills used to play the game of volleyball.

## LIBERO CAMP

Cost: \$75 (includes dinner)

July 8 Check-in 1:30 p.m. Camp ends 8:00 p.m.

Learn about playing the libero position along with all the skills necessary to be successful at the position.

## SETTER/ATTACKER CAMP

July 9 (Grades 8th-12th)

Cost: \$100 (Includes lunch)

Check-in 9:00 a.m. Camp ends 4:00 p.m.

This camp is for all setters and all attackers 8th-12th grade. The setters will learn the various sets and have the opportunity to set all positions on the floor. The attackers will learn all sets off 2 feet, 1 foot, quick tempo, in front of the setter and behind the setter. Both setters & attackers will develop skills to take them to the next level of their game. You do NOT have to come as a setter and attacker pair to attend this camp.

## NEXT LEVEL CAMP

July 14-16 (Grades 8th-12th)

Cost: \$275 (Resident — all meals) \$175 (Commuter — no meals)

July 14 Check-in 2:00 p.m. July 16 Camp ends 5:00 p.m.

This camp is geared towards high school students, including those with college aspirations. Campers will be able to interact with college coaches and players about "what it takes to be successful at the college level."

Daily 6 on 6 competition will allow players to spend 3 days in a total volleyball environment. There will be classroom sessions on strength & conditioning, recruiting and marketing yourself as a player. Competitive pack includes ball, t-shirt, and drinks.

## TEAM CAMP

July 19-22

Cost: \$210 (Resident — all meals) \$150 (Commuter — no meals)

July 19 Check-in 1:00 p.m.-4:00 p.m. (Your specific time will be scheduled)

July 22 Check-out 10:00 a.m.-12:00 p.m.

Camp schedule to include 16-20 matches!! This camp will allow your entire program to come during one date, giving your coaches and potential players an opportunity to work together in a competitive and learning environment. The majority of your time will be spent in competition, however, you will have opportunities to work out the kinks on the practice floor. The Missouri State staff and players will be at your disposal to help or run your practices. Missouri State staff and player demonstrations are also included!

Day 1: Team practice immediately following check in, followed by first round of pool play.

Day 2: Pool play #2 in the morning/pool play #3 in the afternoon/pool play #4 in the evening. (Optional: Coaching Clinics)

Day 3: Same as day 2, except during evening session there will be an all-camp talent show and build-your-own sundaes followed by a free coaches night out with Missouri State Staff and Players.

Day 4: Championship pool with several flights and a champion for each flight. Flight champions will receive prizes.

Camp ends daily at 9 p.m. except on the 16th at 12:00 p.m.

## General Camp Information



### OUTSTANDING FACILITIES

Missouri State Volleyball Camp facilities are the same as those used by the athletes at Missouri State University. All camp sessions will be held on the campus of Missouri State University in the comfort of air conditioned Hammons Student Center.

### HOUSING/SUPERVISION

Missouri State offers the ideal setting for a fun-filled week of camp. Players who wish to follow the resident camp option will be housed in one of the air conditioned Missouri State residence halls. Resident campers must provide their own linens. Adult staff members will live in the residence hall with the campers, providing 24-hour supervision. A trainer will be on duty 24-hours a day and will attend all sessions. In addition, Missouri State provides residence hall and campus security.

### CAMP STORE BANK

Each camper will have the option at check-in to put money into a camp store bank account to use for clothing, merchandise, pizza, etc.... Any unused money will be refunded. This will allow each player the option of not carrying their money around.

### GIFT

Campers will receive a complimentary gift at check-in for all camps EXCEPT the Specialty Position Clinics, Libero Camp and Young Players Camp.

### INSURANCE

The Missouri State volleyball program has acquired insurance to cover expenses incurred as a direct result of camp participation. This coverage is an excess (secondary) coverage paying medical expenses incurred after your insurance has paid its limits.

### CHECK IN

All campers should check in at the main lobby of Hammons Student Center.

### CAMP DISCOUNTS

If you attend both Specialty Position Clinics you can save \$10 off. If you attend any one of the day camps, you can attend a second day camp and get \$20 off the price.

For more information regarding Missouri State Bears Volleyball Camps check out our website at [www.missouristatebears.com/volleyball](http://www.missouristatebears.com/volleyball)

QUESTIONS CALL (417)836-3095

OR E-MAIL: [JENNIJONES@MISSOURISTATE.EDU](mailto:JENNIJONES@MISSOURISTATE.EDU)

## MISSOURI STATE 2010 VOLLEYBALL CAMP REGISTRATION FORM

Name \_\_\_\_\_ HS Graduation Date: \_\_\_\_\_

Address \_\_\_\_\_ Parent Name: \_\_\_\_\_

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

Phone( ) \_\_\_\_\_ Age: \_\_\_\_\_ Grade: \_\_\_\_\_ Gender: F / M

E-Mail Address \_\_\_\_\_ Position: \_\_\_\_\_

School: \_\_\_\_\_

Volleyball Coach Name and Phone Number: \_\_\_\_\_

**Send camp registration form and check to:**  
 Melissa Stokes, Volleyball Camps  
 Hammons Student Center  
 901 S. National • Springfield, MO 65897

**A non-refundable deposit of \$30 must accompany each registration form. Full camp fees are due by May 17 for June 1-June 3 camp and June 20 for all other camps. A \$20 late fee will be charged on all day camps and a \$10 late fee on all specialty position camps if not paid in full by these dates.**

### PARENT'S RELEASE AND INDEMNITY AGREEMENT

We (I) hereby request that you accept this application for enrollment of \_\_\_\_\_ in this 2010 Missouri State Volleyball Camp during dates set forth in the application, and in consideration of your acceptance of the application we (I) hereby release the Missouri State Volleyball Camp and the Board of Governors of Missouri State and all their employees and agents from all claims on account of any injuries which may be sustained by our/my daughter/son while attending the 2010 Missouri State Volleyball Camp, and its employees and agents for any claim which may hereafter be presented by our/my daughter/son as a result of any such injuries.

Parent's Signature \_\_\_\_\_

Date \_\_\_\_\_

### Check Session and Camp you will attend:

- |  |   |
|--|---|
| <input type="checkbox"/> Young Players Camp – June 1                           | <input type="checkbox"/> Resident <input type="checkbox"/> Commuter |
| <input type="checkbox"/> Junior High Camp #1 – June 2-4                        | <input type="checkbox"/> Resident <input type="checkbox"/> Commuter |
| <input type="checkbox"/> Specialty Position Clinic – June 2 (Serving/Passing)  | <input type="checkbox"/> Resident <input type="checkbox"/> Commuter |
| <input type="checkbox"/> Specialty Position Clinic – June 3 (Setting/Hitting)  | <input type="checkbox"/> Resident <input type="checkbox"/> Commuter |
| <input type="checkbox"/> Junior High Camp #2 – July 6-8                        | <input type="checkbox"/> Resident <input type="checkbox"/> Commuter |
| <input type="checkbox"/> Specialty Position Clinic – July 6 (Serving/Passing)  | <input type="checkbox"/> Resident <input type="checkbox"/> Commuter |
| <input type="checkbox"/> Specialty Position Clinic – July 7 (Setting/Hitting)  | <input type="checkbox"/> Resident <input type="checkbox"/> Commuter |
| <input type="checkbox"/> High School Camp – July 12-14                         | <input type="checkbox"/> Resident <input type="checkbox"/> Commuter |
| <input type="checkbox"/> Specialty Position Clinic – July 12 (Serving/Passing) | <input type="checkbox"/> Resident <input type="checkbox"/> Commuter |
| <input type="checkbox"/> Specialty Position Clinic – July 13 (Setting/Hitting) | <input type="checkbox"/> Resident <input type="checkbox"/> Commuter |
| <input type="checkbox"/> Libero Camp – July 8                                  | <input type="checkbox"/> Resident <input type="checkbox"/> Commuter |
| <input type="checkbox"/> Setter/Attacker Camp – July 9                         | <input type="checkbox"/> Resident <input type="checkbox"/> Commuter |
| <input type="checkbox"/> Next Level Camp – July 14-16                          | <input type="checkbox"/> Resident <input type="checkbox"/> Commuter |
| <input type="checkbox"/> Team Camp – July 19-22                                | <input type="checkbox"/> Resident <input type="checkbox"/> Commuter |

\*Please have coach register all team participants at one time.

Date Received	Amount	Balance Due
<b>OFFICE USE ONLY</b>		