



# HAMILTON Volleyball Day Camp

*Register Now - Enrollment is Limited*



## *Session Dates:*

*Monday, July 27- Thursday, July 30, 2015*

*For further information, please contact:*

**Erin Glaser, Camp Director**

Hamilton College Athletics,

198 College Hill Road, Clinton, NY 13323

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<http://www.hamilton.edu/summercamps>



**Go to our website to register online:**

**<http://www.hamilton.edu/summercamps>**

*All campers must submit a camp health form with current and accurate medical information. You may submit a photocopy of your child's Record of Immunizations (may be obtained from your physician) in lieu of completing the immunization section of the form. The immunization record must include dates. All campers must also submit a Parental Permission/Hold Harmless Agreement. Both forms can be found on the Hamilton College Summer Camps website.*

## Meet the Camp Director:



**Erin Glaser, Camp Director**, has guided the Hamilton College volleyball program to 76 wins in seven years as head coach, including a 15-12 record in 2014. Glaser led the Continentals to new heights last fall as they advanced to the NESCAC Championship quarterfinals for the first time on the strength of the team's best finish in the conference standings in program history. One of her players was selected the NESCAC co-Defensive Player of the Year and made the all-conference and Division III all-region teams.

Hamilton players were ranked in the conference's top 10 in four major statistical categories. Another player received New England Rookie of the Week honors from the Eastern College Athletic Conference.

## The Program:

This day camp is suited for players entering 8th grade to recently graduated high school seniors. Players will be grouped according to their skill level. Staffed by college and high school coaches and top-level collegiate players, this camp offers players the opportunity to learn from the best! Campers will be taught the fundamentals and skills necessary to help them advance to a higher level of play.

## Camp Highlights:

- Learn from college coaches and players
- Special Session: College Recruiting and Admissions  
Q & A with panel of college coaches
- Emphasis on skill development for all levels
- Every camper receives individual evaluation
- Free camp t-shirt with registration

## Cost:

**\$260**

**Early Registration** (by May 1, 2015): \$235

**Team Rate** (5 or more players): \$235

**Early Registration**

**Combined with Team Rate:** \$220

20% off total if signed up for Day and Elite Camp.

**To Apply:** Please registration online:  
[www.hamilton.edu/summercamps](http://www.hamilton.edu/summercamps)

## Sample Itinerary:

8:30-8:45 a.m.	Attendance
8:45-9:00 a.m.	Warm-up and Stretch
9:00-9:15 a.m.	Skill: Attack Demo
9:15-10:05 a.m.	Attacking Drills
10:05-10:10 a.m.	Break
10:10-10:45 a.m.	Selective Skills Stations (Quick Hitting, Pepper Drill, Preseason College Workout)
10:45-11:15 a.m.	Selective Skills Stations (Defensive Pursuit, Serving, Blocking)
11:15-11:30 a.m.	Ball Control Contest
11:30-Noon	Lunch**
12:00-12:20 p.m.	Open Gym
12:20-12:50 p.m.	4 v. 4. Tournament
12:55-1:05 p.m.	Skill: Serving Demo
1:05-1:30 p.m.	Serving Drills
1:30-2:25 p.m.	6 v. 6 Tournament
2:25-3:00 p.m.	Cool Down, Stretch
3:00 p.m.	Campers Dismissed

\*\* Lunch is not includes with this camp.

Campers should bring a bag lunch from home.