THE STAFF
Dede Bodnar has been coaching volleyball for 30 years. Prior to coaching for San Diego City, she coached club for 25 seasons. She also was named All-American at Cal Poly San Luis Obispo. During her coaching stint at San Luis Obispo Juniors she had coached her 18 and under team to 2 GOLD Junior Olympic Medals and 2 Silver medals. She was named “Outstanding Female Coach” by the USA Olympic Committee and “Developmental Coach of the Year” by USA Volleyball.

Coach Kevin Pratte coached with the University of the Pacific men’s volleyball as an assistant. He also coached at the University of Nebraska women’s as a volleyball graduate assistant coach. Coach Pratte coached H.S. & was the head women’s Collegiate volleyball team at Mt. San Jacinto College. He is coach at Coast Volleyball Club & the San Diego City College men’s volleyball head coach. He also coaches the San Diego City College women’s associate head coach.

We also will provide an excellent camper to coaching staff ratio to ensure the best instruction possible. This way the coaches can help give more coaching to ensure all campers learn a lot!

REGISTRATION FORM
Please complete this application and the "Consent, Declaration and Assumption of Risk" form on the reverse side and mail with your registration fee for each Athlete.

Athlete's Name: __________________________
Athlete's Age: _______ # of years played: _______
Parent's Name: __________________________
Address: ________________________________
City, Zip: ________________________________
Home Phone: ______________________________
Parent Cell Phone: _________________________
Email Address: ____________________________
T=shirt size: S ___ M ___ L ___XL____

Hurry and send in Registration fee by June 21, 2013 to save $26.00...(or if you register as a team you can SAVE!!! )
Checks must be made payable to:
SDCC Athletic Foundation

Send to:
SDCC Athletics
ATTN: Women's Volleyball Coach Dede Bodnar
1313 Park Boulevard
San Diego, CA 92101

For more information please contact:
Coach Bodnar (619) 388-3544
email address: dbodnar@sdccd.edu
San Diego City College is proud to present our first Girls Sports Camp featuring Volleyball! Fundamentals are the key to any successful athletic program. All aspects of volleyball will be covered: serving, hitting, passing, digging and setting, offensive and defensive individual/team strategies. Campers will have the opportunity to improve on their fundamentals, make new friends and have fun!

CAMP HIGHLIGHTS

All aspects of volleyball will be taught in an instructive, informative, and enthusiastic manner. Hands-on coaching and instruction will ensure proper fundamentals to help each athlete become the best that she can be!

TYPICAL DAILY SCHEDULE

9:00am: Check in & Registration
9:00-9:15: Stretching, agility, & warm-up
9:15-9:30: Passing & setting fundamentals
9:30-10:00: Individual and team drills incorporating passing, digging and setting
10:00-10:30: Serving & spiking fundamentals
10:30-11:00: Team drills incorporating offensive or defensive strategies
11:00-12:00: Game time: 2 vs 2, 3 vs 3, 4 vs 4, or 6 vs 6. These games may include back row attack, quick attack, & play sets. The games may be typical rally score or wash drill format.

NOTE: The main objective of each of the time breakdown is to help each player improve and become the best they can be!