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.

There will also be current and former college volleyball players assisting at the camp. For example, coach Abra Amwake played collegiate volleyball & tennis and was named “Coach of the Year.”

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!
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. Volleyball: 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!

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!

Consent, Declaration and Assumption of Risk

I,_________________________ the parent/guardian of ________________________________, consent to her participation in the 2012 Volleyball camp held at San Diego City College on (circle the one, the player will be attending):

2. August 5-8, 2013

I acknowledge the physical demands of said program are strenuous, vigorous & conducted at times in stressful climatic conditions such as heat, smog and humidity. In the instance the Air Quality Management District declares a pollution alert, all activity will be suspended.

I, the parent/guardian, do irrevocably and personally release, hold harmless and forever discharge the coordinators and employees of San Diego City College from all claims, causes of action, or liability of every kind which I may have in the future or that any person claiming through me may have in the future against San Diego City College by reason of any injury to the person or property with the participation of my daughter in the participation of said activities.

In the event of emergency, I understand that all attempts will be made by the program directors to notify parents/guardians and emergency contacts.

Print name of Parent/Guardian __________________________ Date ___________

Signature of Parent/Guardian __________________________ Date ___________

1st Emergency Contact __________________________ Phone ___________

2nd Emergency contact __________________________ Phone ___________

Please list any health conditions or medications the program directors or employees should know about the camp participant:

__________________________

San Diego City College Volleyball Camp

When: July 22-25, 2013, High school-Adv, Int, Jr High
August 5-8, 2013, High school-Adv, Int, Jr High

Where: San Diego City College
Harry West Gym

Bring: Snack & Water Bottle

Cost: $125.00
(Note: If registration is paid before June 21th, cost is only $99.00. There is also a “Team Discount”: If you get 4 players from your team you get team discount, the players only pay $75.00)