



# RED FLASH VOLLEYBALL CAMPS 2009

**INDIVIDUAL CAMP**  
For Boys and Girls

**Advanced Camp**  
JULY 12-15 2009

**Early  
Development Camp**  
JULY 16-18 2009

**SAINT FRANCIS UNIVERSITY**  
**LORETTO, PA**

Summer Sports Camp  
Saint Francis University  
Maurice Stokes Athletic Center  
P.O. Box 600  
Loretto, PA 15940

## REGISTRATION FORM

Name \_\_\_\_\_  
Address \_\_\_\_\_ City \_\_\_\_\_ State \_\_\_\_\_ Zip \_\_\_\_\_  
Home Phone \_\_\_\_\_ Parent's Work Phone \_\_\_\_\_ Email \_\_\_\_\_  
High School \_\_\_\_\_ Grade (as of Sept 2009) \_\_\_\_\_ Club Team \_\_\_\_\_

All participants must have their own health insurance coverage. The camp does not assume responsibility for illness or injuries sustained during camp. The Camp is not responsible for lost valuables or money: please keep in mind when preparing for camp.

My child has a physical examination within the last calendar year and is physically fit to participate in all camp activities. In the event of illness or injury requiring medical attention and I cannot be contacted at the phone number(s) listed, I hereby authorize the camp directors to act for me according to their best judgment. I relieve the Camp of any responsibility for any illness or any injuries that may occur.

Signature of Parent/Guardian \_\_\_\_\_

Health Insurance Co. \_\_\_\_\_

Policy # \_\_\_\_\_

Adult T-Shirt Size: S M L XL

Roommate Preference \_\_\_\_\_

### CHECK ALL THAT APPLY

Camp Resident  Commuter   
Advanced 12th-15th   
Early Dev 16th-18th

## About the Camp

The Red Flash Volleyball Camp is geared for all levels of players. Early Development camp will give young players an opportunity for intense skill development. Campers will learn all the necessary basic skills to evaluate their game. Sessions focus upon technique, skill repetition, and competition. Advanced camp will refine the basic skills and focus on using them in competitive situations. Intense training focus is on the individual player skills, team related drills, and preparing the player for a higher level of competition.

Each evening campers will be trained by position. This gives the athlete the opportunity to focus on his/her position specific skills.

We provide a fun environment for learning volleyball. Emphasis will be placed upon learning proper technique, while spending time playing and enjoying volleyball.

## Eligibility

All boys and girls entering grades 6 through 12 are eligible for camp.

## Camp Costs

	Resident	Commuter
Early Dev. (Grades 6-8)	\$325	\$225
Advanced (Grades 9-12. However, any 9th grader who feels he/she is a beginner is welcome to register for the Early Development Camp)	\$325	\$225

\*Any coach who turns in a team of 8 or more players, will receive a discount, and the cost per player will be \$300.

## Camp Features

- ▶ Camp ball to first 100 who register
- ▶ Team Drills
- ▶ Tournament Play
- ▶ Pre-camp conditioning program
- ▶ Camp Store
- ▶ Athletic Trainer on Duty
- ▶ Camp T-Shirt
- ▶ Fun for Everyone!!!

## Typical Camp Day

### Daily

7:30 AM.....Rise and Shine  
8:00-8:30AM.....Breakfast  
9:00-12:00PM.....Skill Session  
12:00-1:00PM.....Lunch  
1:00-2:00PM.....Free Time  
2:00-4:30PM.....Skill session  
4:30-5:30PM.....Dinner  
6:00-8:30PM.....Positional Session

### Evening Activities (optional for Commuters)

8:30-9:30PM...Free Time (Pool Open)  
10:00-10:30PM.....Jokes and Riddles  
(With Rummy!)  
10:45-11:00PM.....Bed Check  
11:00PM.....Lights Out

### Check In

Sunday, July 12 or 16 12:00-2:00PM  
(Lunch will not be provided)

### Check Out

Wednesday, July 15 or 18 12:00-1:00PM

### Deposit

A check should accompany this application. A deposit of \$200 is required. The balance is due upon arrival. All cancellations must be verified at least two weeks before the start of camp. NO REFUNDS AFTER THE 2 WEEK PERIOD. Make checks Payable to Saint Francis University and mail to:

**Summer Sports Camps**  
Saint Francis University  
Maurice Stokes Athletic Center  
PO Box 600  
Loretto, PA 15940

## Suggested Clothing

Socks, sneakers, T-shirts, gym shorts, sweatshirt and sweatpants, towels, toiletries (blanket, pajamas, linens, pillow, and pillow case for overnight camp).

## Location

The camp is located on the scenic campus of St. Francis University in Loretto, Pennsylvania. We are only 20 miles from Altoona and Johnstown, and 85 miles east of Pittsburgh.

## The Coaching Staff

### Mike Rumbaugh (Dir.)

▶ SFU Men's Volleyball  
Head Coach (11 Seasons)

▶ EIVA Coach-of-the-Year  
(2006)

▶ EIVA Championship Finalist  
(2006, 2007)

▶ Mercyhurst College  
Men's Volleyball  
Asst. Coach (4 Seasons)

### Chuck Mullen

▶ SFU Women's Volleyball  
Head Coach (1 Season)

▶ Led SFU to NEC Championship game (2008)

▶ Coker College  
Women's Volleyball  
Head Coach (4 Seasons)

▶ Conference Carolinas  
Coach-of-the-Year  
(2004, 2007)

The Red Flash Volleyball camp will be staffed by SFU volleyball team members, as well as local high school and college coaches. One instructor will be provided per eight athletes. Our staff interacts with the campers off and on the court.

## Stokes Athletic Center and Camp Facilities

The Stokes Athletic Center will serve as the headquarters for the 2008 Red Flash summer camps. Four full courts will be used in the DeGol Arena, home court of the Red Flash. There are also two full courts in the Auxiliary Gymnasium at the back of the Stokes center. Stokes Center also has a swimming pool and a weight room that will be available. Meals will be served in Torvian Hall. Campers can also use pool tables, ping pong tables, video machines, and the bookstore in the JFK student center.

**FOR GROUP RATES OR MORE  
INFORMATION CALL  
(814)472-3914**