

The Staff

Tim Louks, Head Coach of the McMaster Women's Volleyball program and Dave Preston, Head Coach of the McMaster Men's Volleyball program will be overseeing operations. Parrish Offer, Assistant Coach of the McMaster Men's Volleyball program will be directing all sessions. Supporting coaches and instructors will be members of the Men's and Women's Volleyball teams plus coaches from the volleyball community

The Facilities

Featuring the David Braley Athletic Centre and Ivor Wynne Centre, our facilities are second-to-none. Volleyball camp features:

- Sport Hall in the David Braley Athletic Centre
- Burrige Gym in the Ivor Wynne Centre

McMASTER ATHLETICS & RECREATION

1280 Main St. W
Hamilton, ON. L8S 4L8
Phone: 905-525-9140 X 24464
Fax: 905-526-1573
www.athrec.mcmaster.ca/camps



**McMASTER
MARAUDERS**

***Volleyball
Camp***



Phone: 905-525-9140 x24464

FUNdamentals Camp

Camp day: 8:45am - 4:15pm

- Coed: **August 3 - 6, 2010 AGES 8-12 \$245**

AGES AS OF DECEMBER 31, 2010

This session will focus on FUNdamentals and include activities that will be age adapted to accommodate a variety of skill levels. Athletes will learn essential skills through games and activities. The focus will be on FUN while acquiring the necessary skills to advance in the sport. Camp includes daily recreational swim in our Olympic pool.



Developmental Camp

Camp day: 8:45am - 4:15pm

- Girls' Camp: **August 9 - 13, 2010 AGES 13-17 \$285**
- Boys' Camp: **August 16 - 20, 2010 AGES 13-17 \$285**

AGES AS OF DECEMBER 31, 2010

These sessions will focus on learning how to train within the sport of volleyball. Athletes with varying degrees of sport background and proficiency levels are welcomed. The emphasis will be on the development of skills and will also incorporate games and activities related to strategy and tactics.

High Performance Camp

Camp day: 8:45am - 4:15pm

- Coed: **August 23 - 27, 2010 AGES 14-18 \$330**

AGES AS OF DECEMBER 31, 2010

This session will provide an opportunity for already skilled athletes to continue their progression in skill development, tactical awareness and interpretation, strength acquisition and application, team mechanics, and sport psychology at a higher level exposure. It is designed to appeal to athletes that are aiming towards a post-secondary volleyball experience. Athletes must have a skill base and exposure to higher competitive levels (e.g., club exposure, regional team program, provincial team, etc.).

- If you are uncertain if the High Performance Camp is appropriate for your athlete, please contact the coaching staff directly: Parrish Offer-

Additional Camp Services

- **Extended Care** is available from 7:30am - 5:30pm
- **Busing** is available from Oakville, Burlington, Dundas & Ancaster