

CSU-PUEBLO RELEASE FROM RESPONSIBILITY, ASSUMPTION OF RISK, AND WAIVER

Read this document completely before signing. Its effect is to release the University from any liability resulting from participation in the above-named camp/clinic/activity and waives all claims for damages or losses against the University.

In consideration of my being permitted by Colorado State University-Pueblo to participate in the camp/clinic on the University's campus, I (please PRINT name) _____

_____, exercising my own free choice to participate voluntarily in the above-named activities, and promising to take due care during such participation, hereby release and discharge, indemnify and hold harmless the Board of Governors and Colorado State University -Pueblo, and their members, officers, agents, employees, and any other persons or entities acting on their behalf, and the successors and assigns for any and all of the aforementioned persons and entities, against all claims, demands, and causes of action whatsoever, either in law or in equity, relating to injury, disability, death or other harm, to person or property or both, arising from my participating in and/or presence at the above listed activities. I acknowledge that I am aware of the hazards and risks which may be associated with my participation in the above-named activities including, but not limited to, pulled/strained muscles, injuries or damages to joints and ligaments, cuts and bruises, concussions, sprains, broken bones, and damage that can result from increased heart rate including heart attach and stroke. I understand, accept, and assume those hazards and risks, and waive all claims against the Board of Governors and Colorado State University, and other persons as set forth above. I understand that I am solely responsible for any costs arising out of any bodily injury or property damage sustained through my participating in normal or unusual acts associated with the above-named activities.

Signature of Camper _____ Date _____
I, (please PRINT name) _____, am the parent or legal guardian

of the participant who is listed above. I have read and understand the provisions of this document. I consent to the participation in the activities described above, and I fully enter into and agree to the above Release From Responsibility, Assumption of Risk, and Waiver.

I further request and authorize the proper personnel of the above-named camp/clinic to refer to an appropriate medical facility, for treatment of illness, injury or both; and I further authorize the physician(s) selected by the camp personnel to treat said injury or illness as they think best for the most advantageous welfare of the patient if that should be a circumstance.

In case of emergency, please contact: _____

Name (please PRINT)

Emergency Phone Number Cell#

Medical Insurance Company Policy Number

Member ID # Group ID #

Medical Insurance Company Phone Number

Medical Insurance Address _____

Parent / Guardian Signature Date _____

Register online at

www.packvolleyballcamps.com or send this registration form and your camp payment made payable to:

CSU-Pueblo Volleyball
Attn: Jordan Willis
2200 Bonforte Blvd.
Pueblo, CO 81001

For more information contact Coach Willis at
(719) 549-2057 or email
jordan.willis@colostate-pueblo.edu.



CSU-Pueblo Volleyball
151-106
2200 Bonforte Blvd.
Pueblo, CO 81001

JULY 5-8
ALL SKILLS CAMP

JULY 9
DEFENSE AND SERVING CLINIC

JULY 17-20
ADVANCED CAMP

JULY 21
SETTER/HITTER CAMP

JULY 22-23
HIGH SCHOOL TEAM CAMP

CSU-PUEBLO VOLLEYBALL CAMPS



CAMP DIRECTOR JEN GOMEZ

Colorado State University-Pueblo named former CSU-Pueblo assistant coach and volleyball player, Jen Gomez, head volleyball coach on December 22, 2010.

Gomez, formerly Jen Salmans, was an assistant coach with the ThunderWolves from 2000 to 2004 after playing for the Pack from 1998 to 1999. She been the head coach at Oklahoma City University since

2006 where she took over an OCU volleyball program that had been dormant from 1981 to 2005. Gomez immediately turned the Stars into a winner, going 26-8 and making an NAIA regional tournament appearance.

Gomez will be joined by assistant coach Jordan Willis and current CSU-Pueblo volleyball players. CSU-Pueblo camps takes place at Massari Arena located on the beautiful CSU-Pueblo campus in Pueblo, CO. Massari Arena includes three all wood full-courts in a comfortable air-conditioned environment.

FOOD & LODGING

Daily meals are provided for overnight campers. The meals are served buffet style. All boarders are housed in the dormitory in a safe and secure environment. Boarders may put who they would like to room with on brochure and the floors will be age specific.

REQUIRED EQUIPMENT

Please make sure to bring the following items to camp: volleyball shoes, socks, shorts, t-shirts and knee pads (optional).

Overnight campers must provide their own bed sheets, blankets, pillow, pillow case and towels.

ALL SKILLS CAMP JULY 5-8, 2011

The All-Skills Camp is designed to give campers a challenging experience based on skill level. With the focus on all aspects of volleyball, training groups are established that ensure campers of instruction within their skill level. This camp is a must for players of all skill levels trying to brush up on fundamentals or learn the game for the first time. Our expert instructors, working within the group framework, train each camper to make her a better player and competitor.

DEFENSIVE/SETTING CLINIC JULY 9, 2011

The Defensive/Serving Clinic is designed to help players improve their backcourt skills including passing, individual defense, team defense, serve receive and serving. This clinic is a must for anyone wishing to improve in any of these areas. Campers will be placed in small groups according to age, skill level and experience. Lunch is included in the cost of the clinic.

ADVANCED CAMP JULY 17-20, 2011

The Advanced Camp is designed to provide intensive training and instruction in the various skills of volleyball. Campers will learn advanced team concepts, offensive and defensive strategies, as well as training in individual concepts.

Daily Schedule:

July 17 4pm Check in, Dinner @ 5pm, Camp session #1 from 6-8pm
 July 18 9-11am Camp session #2, Lunch, 2-4pm Camp Session #3,
 Dinner, 6-8pm Camp session # 4
 July 19 9-11am Camp session # 5, Lunch, 2-4pm Camp session # 6,
 Dinner, 6-8pm Camp session # 7
 July 20 9-11am Camp session # 8, Lunch, 2-4pm Camp session # 9,
 CAMP CONCLUDES

SETTER/HITTER CLINIC JULY 21, 2011

The Setter/Hitter Clinic is an advanced skills clinic designed specifically to focus only on the aspects of each of these important positions. Setters Camp will cover footwork training, set location, play sets, setter defense, emergency techniques and running an offense. Hitters Camp will focus on footwork for attacking and transition, armswing mechanics, backswing and jump, using the block, wrist control and non-traditional attacking. Lunch is included in the cost of the clinic.

HIGH SCHOOL TEAM CAMP JULY 22-23, 2011

Team Camps are open for up to 8 teams including varsity and junior varsity team. Each team must have at least seven players registered for camp. Teams with more than 12 players will be divided up for camp tournament play. Teams will be grouped for competition with teams of similar experience and ability. Varsity teams will compete against other varsity teams, junior varsity teams against other junior varsity teams, if available. Sessions will cover: position training for all teams, team serve receives, team offense and team defense. There will also be a camp tournament in the evenings.

Day 1

8 a.m.	Team Check in
9 - 11:30am	Training session I
11:30 a.m. - 1:30 p.m.	Lunch
2 - 4 p.m.	Training session II
4:30-5:45 p.m.	Dinner
6-8 p.m.	Session III

Day 2

8 - 11:30 a.m.	Session IV
11:30 - 1:30 p.m.	Lunch
2 - 4:30 p.m.	Session V
4:30 p.m.	Camp Ends

REGISTRATION
APPLY ONLINE @ packvolleyballcamps.com
or
SUBMIT APPLICATION AND WAIVER

Camper Information

Name _____

Address _____

City/State/Zip _____

Age _____ Grade in Fall _____

High School Attending: _____

T-shirt size(circle one) S M L XL

Home Phone _____

Emergency Phone _____

Email Address _____

Name of Roommate _____

*Make sure your roommate lists you on their registration form as well.

****Save \$25 per player by registering by July 1, 2011****

Check if applying after July 1 - add \$25.00 late fee

All Skills Camp (Commuter Only)
 Morning Session (8-11 years old) \$100
 Afternoon Session (12-14 years old) \$100

Defensive/Serving Clinic
 Day Session (High School Only) \$65

Advanced Camp
 Overnight (High School Only) \$350
 Commuter (High School Only) \$250

Setter/Hitter Clinic
 Day Session (High School Only) \$65

High School Team Camp
 Overnight (High School Only) \$375
 Commuter (High School Only) \$375

PLEASE COMPLETE THE MEDICAL WAIVER ON THE REVERSE SIDE. WE CAN NOT ACCEPT INCOMPLETE REGISTRATIONS.

Register online at
www.packvolleyballcamps.com or send this registration form and your camp payment made payable to:
 CSU-Pueblo Volleyball
 2200 Bonforte Blvd.
 Pueblo, CO 81001