** STAR & High Expectations Volleyball Camp, 2015**

**El Molino High School, Forestville, CA**

**Coach Houser and his staff will be traveling from Virginia to share their expertise.  This is an excellent opportunity for you to develop and sharpen your volleyball skills as you prepare for your middle school, high school and college seasons AND have a ton of fun!**

There is no other camp in Sonoma County that will offer your player the skill & team building tools that they will receive here!

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| **STAR Camp** | **High Expectations Camp** |
| July 6-8, 2015 - *9am-5pm daily* | July 10-12, 2015 - *9am-5pm daily* |
| Incoming 6th-9th grade | Incoming 8th to12th grade |
| **$285.00** *(NON-refundable deposit is $150.00)* | **$350.00** *(NON-refundable deposit is $150.00)* |
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| This camp is open to all incoming 6th-9th graders.  Players will be placed in a division based on their # of seasons played at school or club.  **A – Shining Stars:  0-1 seasons**  **B – Shooting Stars:  2-3 seasons**  **C – Rising Stars:  3 or more seasons**  *(Skill level to be evaluated at beginning of camp.  Coaches may move players to different division based on level of entire group.)*  **Thorough warm-up and stretching each day**  Why warm up?  Why stretch?  **Passing**  Platform, staying still, using legs, 1st contact with hands  **Hitting**  Master the 3-step approach, tipping and slamming  **Setting**  Stay tight, ask for the ball, pull the team, call names, “BEST” method of setting  **Serving**  The 3 priorities in serving, floaters, short, bombs and jump floaters  **Blocking**  Proper footwork, strong hands & core, set the block, limit being tooled  **Digging**  Covering the shoes, staying still, getting on the floor, getting the ball up  **Serve Receive**  Aggressiveness, 3-person or 4-person, communication  **End of Camp Tournament**  If time permits, players can show fans what they’ve learned!  **Limited number of campers accepted.**  **FIRST COME – FIRST SERVE!** | This camp is ***new to Sonoma County*** and is offered to incoming 8th to 12th graders with at least 3 seasons of competitive team play.  **This camp is NOT for everyone!**  *Following are some of the topics covered in a High Expectations Camp:*  **Passing**  Passing the floater & spinner; using hands to pass; sticking the free ball pass on target  **Serving**  Floaters, spinners, jump floaters & jump spinners, bombs & short  **Digging**  Rolls, pancakes, sprawls; using hands to dig  **Spiking**  Perfecting the approach, avoiding the block, tipping & slamming, 1-handed & 2-handed tips & slams; hitting the quick, the 3-zone ball and the line; turning the thumb; back row hitting  **Setting**  Jump sets, back sets, dumps with either hand & deception; special sets & giving signals to hitters; advanced communication. Setters will also receive special training with my setting experts apart from the rest of the campers.  **Offense**  Different offenses; advanced serve reception; changing serve reception on the fly; recognizing overlaps; creating/running plays  **Defense**  Learning different defenses; hitters will set; blocking strategies; covering a teammate as she’s hitting  **Drills**  Bonus points will be given during all drills when players execute just-learned skills; lots of competition, “Bonus Ball,” hitters vs. defense, 3 on 3, 4 on 4.  ***This camp is limited to 48 players*** which will allow the player/coach ratio to stay at 4:1.  Enrollment will be determined through a review of minimum requirements.  Each player must be at least an incoming 8th grader with at least 3 seasons of competitive playing experience.  Along with the application, the player must submit 2 letters of recommendation (one must be from the coach of her most current season).  If a player has video of her playing and it shows individual skills along with team play, this will be considered in lieu of 1 letter.  There are situations where a player doesn’t meet the basic requirements but has exceptional skills.  In this case, contact Sharon Lochert directly and we can discuss an interview. |

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| *For more information contact:*  **Sharon Lochert** • 707-888-3265-c • [sharlo@sonic.net](mailto:sharlo@sonic.net)  *Mail deposit & registration forms:* 4725 Arcadia Lane, Santa Rosa, CA 95401 | Coach Houser’s Website:  [www.coachhouser.com](http://www.coachhouser.com) |