

Custom Team Camp Overview

High Intensity Skills Camps

Camp Emphasis:

High Intensity Skills Camps are ideal for junior varsity and varsity volleyball athletes from novice to advanced. The camp focuses on developing and refining individual skills while providing opportunities to perform in a competitive environment. This camp can be custom designed to fit the exact needs of your team or program.

Camp Schedule:

High Intensity Skills Camps are held over 3 consecutive days. The daily schedule includes two training sessions with a 1-hour lunch. The following is a typical daily schedule:

Session I: 9 am-12 pm Lunch: 12-1 pm Session II: 1-4 pm

Camp Tuition:

Camp tuition is based on the number of campers attending the 3-day session. A declining tuition cost per camper is offered with higher enrollment. Please note that lunch must be provided for the Minnesota Volleyball camp staff each day of the camp.

<u>No. of Campers</u>	<u>Cost per Camper</u>
45 to 55	\$150
56 to 70	\$135
71+	\$125

Facility Requirements:

A minimum of 3 courts is required for up to 45 campers of similar skill ability. One additional court must be available for every 10 to 15 campers over the initial 45. Facilities with less than 3 courts will require a modified camp schedule (i.e. morning and afternoon waves).

Championship Team Camp

Camp Emphasis:

The **Championship Team Camp**, for girls' high school and club teams, is designed to provide teams with the opportunity to work on technique, tactics and systems of play while training with experienced camp instructors. The camp features a positional skills clinic as well as team training sessions and daily competition. The positional clinic provides specificity training for setters, outside hitters, middle blockers, and defensive specialists. The team sessions emphasize competition, work on team transition, sideout and point scoring, team communication, and spontaneity training (spontaneous game-like situations).

Camp Schedule:

Championship Team Camps are held over 3 consecutive days. The daily schedule includes two training sessions with a 1-hour lunch. The following is a typical daily schedule:

Session I: 9 am-12 pm Lunch: 12-1 pm Session II: 1-4 pm

Camp Tuition:

Team camps must have a minimum of 4 teams with 10 to 12 campers per team. Camp tuition is \$125 per camper. Please note that lunch must be provided for the Minnesota Volleyball camp staff each day of the camp.

Facility Requirements:

A minimum of 2 courts is required for up to 4 teams. One additional court must be available for every 2 teams over the 4-team minimum.

Camp Director

Brian Heffernan, Head Coach Washington State University

Heffernan's second season at Washington State was accompanied with vast improvements in ball control and defense. Most notably the Cougars led the PAC-10 Conference in team blocking and finished the season ranked 8th nationally in this category. Freshman Jalen Pendon established new Cougar records for digs in a match (35) and digs in a season (514).

In four seasons at the University of Minnesota, Heffernan helped direct the Golden Gophers to new heights. Winning the schools first ever Big Ten Championship in 2002 and advancing to the first ever NCAA Final Four in 2003. As the Associate Head Coach for the Golden Gophers, Heffernan planned and implemented team training, tactical scouting reports, and helped elevate the Golden Gopher serve, block and defensive game to an elite level nationally. As the director and head coach for camps at Minnesota, Heffernan developed and coordinated all camp curriculums, training schedules and camp demonstrations.

In 1998 Heffernan worked as an assistant coach for the USA Women's Youth National team and served as the head coach for the USA Women's Jr. National team at the 1999 Jr. World Championships. In 2003, Heffernan assisted with the training and preparation of the USA Pan American Games Team.

Heffernan graduated from Penn State in 1993 where he played in three NCAA Semi-Finals with the Nittany Lions. In 1994, he worked as an assistant coach for Penn State and helped direct the team to an NCAA Volleyball Championship.

Camp Philosophy and Staff

The camps are designed for motivated female volleyball athletes ages 10 to 18. Our experienced staff allows us to ensure sound teaching principles and a higher frequency of repetitions than a majority of camps offered around the nation. Our outstanding staff is the most important aspect of our camp. The staff is composed of experienced and enthusiastic coaches committed to the development of volleyball players at the high school, club, and collegiate levels. Our court coaches include collegiate coaches, top club and high school coaches, WSU Women's volleyball staff, and Cougar volleyball athletes.