

## COACHING STAFF:

### Kim Nelson-Brown *IWU Head Volleyball Coach*

Kim Nelson-Brown just completed her 14th season as head volleyball coach at Illinois Wesleyan University. In her 14 seasons, she has a combined record of 300 wins and 210 losses.



Kim enjoys coaching and the game of volleyball. Through these camps, she hopes her enthusiasm and the love of the game inspires the campers about the game of volleyball.

### Nelson-Brown Achievements:

2003 Regular Season Champions  
1996 & 1997 NCAA Appearance  
1997 CCIW Champions  
1997 & 2003 CCIW Coach of the Year  
2002 ISU Athletic Hall of Fame Inductee  
Former Missouri Valley Conference MVP 1992 & 1993  
Former ISU Volleyball Letterwinner

### Camp Assistants:

Former and current IWU Volleyball Players. As well as current and former collegiate volleyball players and local high school and club coaches.

## ***COST, TIME, AND AGE GROUPS:***

### Grade School General Camp:

Grade: 2nd through 5th      Time: 1:00 p.m. to 4:00 p.m.  
Cost: \$100 (\$120 after 5/15/10)

### Junior High School General Camp:

Grade: 6th through 8th      Time: 9:00 a.m. to 12:00 p.m.  
Cost: \$100 (\$120 after 5/15/10)

### High School General Camp:

Grade: 9th through 12th      Time: 9:00 a.m. to 12:00 p.m.  
Cost: \$100 (\$120 after 5/15/10)

### Mini-Skills Position Camps:

Grade: 6th through 12th      Time: 1:00 p.m. to 4:00 p.m.  
Cost: \$30 each session or \$100 for all 4 individual sessions  
(\$40 each session/\$125 for all 4 after 5/15/10)

## GENERAL INFORMATION FOR THE IWU VOLLEYBALL CAMPS

### What to Bring:

Players will need to wear proper athletic shoes. If kneepads are usually worn, we suggest that you bring those with you also. Since it will be warm, we will do our best to supply water, but we do recommend bringing your own water bottle or any water container that has a lid.

### Camp Site and Times:

The camps will begin on schedule each day. We will be using the courts in the Shirk Center performance gym, activity courts, and practice gym. We will divide the groups according to skill level to facilitate individual instruction and safety.

### Registration and Payment:

To ensure enough counselors per campers and the correct t-shirt size, we do recommend early registration (5/15/10). Early payment is recommended, but if not, we do require \$20 of the cost of the camp to hold your spot in the camp. The \$20 is refundable if cancellation occurs a week prior to the beginning of the camp. The balance will be due the first day of camp.

### Important Notes about Camp:

- Each player will receive a t-shirt at the beginning of each camp. If you enroll by May 15th in more than one camp (the Mini-skill camps are considered one camp, regardless of the number of days you attend), you will receive a volleyball instead of a second t-shirt.
- The Junior High camp fills quickly so early registration is encouraged to guarantee your spot.
- **You will want to sign your child up for the grade that they will be entering in the Fall of 2010 / the school year of 2010-2011.**
- For more information regarding any of the camps, please call Kim Nelson-Brown at 309-556-3349.

# ILLINOIS WESLEYAN UNIVERSITY VOLLEYBALL CAMPS 2010



### CAMPS AND DATES:

Grade School:	June 7th–June 10th
Junior High:	June 7th–June 10th
High School:	June 7th–June 10th
Mini-Skills:	June 7th–June 10th

*All camps are located at the Shirk Center  
on the campus of Illinois Wesleyan  
University.*

# ILLINOIS WESLEYAN UNIVERSITY VOLLEYBALL CAMPS SUMMER 2010

## IWU VOLLEYBALL CAMP REGISTRATION

### MISSION STATEMENT:

IWU's Volleyball Camps are designed to assist young athletes in improving their volleyball skills and developing proper playing habits. Not only will the girls gain knowledge of the proper techniques, they will also benefit from the companionship of other players, learn good sportsmanship, and other related athletic values.

Players will be closely observed and mistakes will be corrected. Every effort is made to teach each player how to use their knowledge in game situations in order to develop the physical and mental skills that go into making a good volleyball player.

### OUR GOAL FOR THE CAMPS:

We combine hard work and fun to bring out the most in every player. We also make every effort for the camp to be a gratifying and worthwhile experience for every player who attends.

### SATELLITE SCHOOL TEAM CAMPS:

IWU staff and players will come to your school to conduct a General Skills Camp for a reduced cost. For more information regarding time, cost, and date availability, please call Kim Nelson-Brown at 309-556-3349.

### MULTIPLE CAMPS:

If your camper will be attending the morning General Skills camp and any of the afternoon Mini-Skills camps, they are welcome to bring a sack lunch and eat in one of our air conditioned classrooms or in the gym. We ask that the campers clean up after themselves. Counselors will be in the building but will not be supervising them during this time.

### GENERAL SKILLS CAMP:

In the General Camp, we will emphasize the beginning fundamentals and basic techniques used in volleyball. For the players with good fundamentals, we will work on more advanced skills. The campers will apply these skills throughout the camp in drills and game-like situations.

The campers will be divided into groups according to their age and their skill level. This will allow for an opportunity-filled camp for all of its participants. The General Camps are offered to 2nd through 12th graders beginning June 7th running through June 10th. The Junior High School and High School camps run from 9:00 a.m. to 12:00 noon and the Grade School camp runs from 1:00 p.m. to 4:00 p.m.

### MINI-SKILLS POSITION CAMPS:

The Mini-Skills Position Camps are offered to 6th through 12th graders beginning on Monday, June 7th at 1:00 p.m. Each three hour session will consist of in-depth training on the day's particular skill. It will also consist of game like situations using the skill of the day.

For example, on Monday, June 7th, we will be working on passing only. We will focus on ball control, placement, and serve receive. On Tuesday, June 8th, we will work on setting. Our main focus will be proper footwork, transitioning, and hand positioning plus running an effective offense. On Wednesday, June 9th, all drills will focus on hitting, transition, blocking, and shot selection. We will split up hitters based on position and breakdown hitting responsibilities for each area. Finally on Thursday, June 10th, we will wrap up the skills week with defense. All drills will focus on body positioning, ball control, transitioning and of course, defensive attitude.

You can pick one or all of them—the choice is up to you!

SIGN UP FOR (Please check):	DATE:	TIME	COST
<input type="checkbox"/> Grade School Camp 2nd through 5th grade	June 7–June 10	1:00 pm to 4:00 pm	\$100 <b>(\$120 after 5/15/10)</b>
<input type="checkbox"/> Junior High School Camp 6th through 8th grade	June 7–June 10	9:00 am to 12:00 pm	\$100 <b>(\$120 after 5/15/10)</b>
<input type="checkbox"/> High School Camp 9th through 12th grade	June 7–June 10	9:00 am to 12:00 pm	\$100 <b>(\$120 after 5/15/10)</b>
<input type="checkbox"/> Mini-Skills Camp 6th through 12th grade	June 7–June 10	1:00 pm to 4:00 pm	\$30 each or \$100 for all 4 sessions <b>(\$40 each session or \$125 for all 4 sessions after 5/15/10)</b>
___ Passing	June 7		session
___ Setting	June 8		
___ Hitting	June 9		
___ Defense	June 10		

TOTAL: \_\_\_\_\_

NAME \_\_\_\_\_

ADDRESS \_\_\_\_\_

CITY \_\_\_\_\_ ST \_\_\_\_\_ ZIP \_\_\_\_\_

HOME # \_\_\_\_\_ CELL # \_\_\_\_\_

EMERGENCY CONTACT \_\_\_\_\_

EMERGENCY # \_\_\_\_\_

SCHOOL & GRADE IN THE FALL OF 2010 \_\_\_\_\_

PARENT EMAIL ADDRESS \_\_\_\_\_

#### Method of Payment:

\$20 refundable deposit required if not paying full amount. Balance will be due before or on the first day of camp.

- Check # \_\_\_\_\_  
Check amount: \_\_\_\_\_  
 Cash

#### T-SHIRT SIZE (Please check one):

- YM       AM  
 YL       AL  
 AS       AXL

Please make *checks payable* to Kim Nelson-Brown

Mail Payment and Registration Form to:  
IWU Volleyball Camps  
P.O. Box 2900  
Bloomington, IL 61702-2900