



# MOREHEAD STATE UNIVERSITY VOLLEYBALL CAMP REGISTRATION

School Name \_\_\_\_\_

Coach's Name \_\_\_\_\_

Coach's Office Phone \_\_\_\_\_

Coach's Home/Cell Phone \_\_\_\_\_

**Mail this form and your \$150 team fee to:**

E-mail address \_\_\_\_\_

Greg Goral  
MSU Volleyball Camp  
195 AAC  
Morehead, KY 40351

# of Teams	_____
x \$150	_____
= Total \$	_____

**Please note:**

Once you have reserved your spot, we will be in contact to obtain other information needed for team camp check-in (i.e., t-shirt requests, medical release form [current high school physical may be used] roommate requests, fee collection, etc.)

Make checks payable to MSU Volleyball.



## Why MSU Camps?

### Jaime Gordon

Coach Gordon and the Eagles are celebrating their fourth consecutive 20+ win season in his seventh year at the helm of the MSU volleyball program. The Eagles have won the OVC Championship three times under the direction of Gordon. Jaime has also had successful careers at the University of Kentucky and West Virginia Wesleyan College where he made three trips to the NCAA Tournament. Gordon has been coaching college for 18 years and has directed high level camps across the country. His ability to tailor training sessions for specific skill levels will maximize your athletes' time in the gym. Coach Gordon has trained numerous high school, USA Volleyball, and NCAA All-Americans.

### Greg Goral

Greg completed his second year on the MSU Volleyball staff and was an instrumental part of their Championship Season. Goral has an additional nine years collegiate experience at Auburn University, Gonzaga University, The University of Rhode Island, and Springfield College. His time as a coach and player have given him a wealth of knowledge and a tremendous reputation as a top-rate on-court trainer. His ability to work with all different skill levels makes Goral an exceptional teacher of the game.

With over 30 years of volleyball experience Jaime and Greg have directed and instructed over hundreds of different volleyball camps and clinics around the country. Skill development is a vital aspect for a players development and this staff is well known for creating a fun learning environment. The Morehead State Volleyball Camp will be a memorable and rewarding experience for all involved.

# VOLLEYBALL CAMPS 2010



## TEAM CAMP & SATELLITE CAMPS JULY 10-12 MOREHEAD STATE UNIVERSITY

## Satellite Camps

Our number one concern of our satellite camps is to provide what the high school coach feels the players need. We will work with the coach to design and implement a format of sessions and scheduling that will most benefit you and your volleyball program. We are happy to work with you to best provide a completely unique experience for your players. Below are some examples of camps and costs. All times are flexible as we will be more than willing to work around conflicting events. NCAA regulations dictate that certain protocol be followed.



### One Day - Two Session Camp

\$50 per camper

9:30 a.m. - Noon

1 - 3:30 p.m.

### Two Day - Four Session Camp

\$90 per player

9:30 a.m. - Noon

1 - 3:30 p.m.

### Three Day - Six Session Camp

\$130 per player

9:30 a.m. - Noon

1 - 3:30 p.m.

Along with individual skills and team training sessions we are also capable of incorporating position specific sessions, conditioning components, lectures, and coaching clinics.

There will be a \$200 travel fee required to hold each team's dates for camp.

15 player minimum (satellite only)

### Register early!

Last year all available camp dates were filled.

[www.msueagles.com](http://www.msueagles.com)

MSU is an affirmative action, equal opportunity, educational institution.

## JV & Varsity Team Camp

*Schools may send Varsity and/or JV Teams*

This camp's focus is competition. Sessions will progress through different areas of team development covering offensive and defensive systems, transition situations, and competitive scenarios. These sessions will build up to scrimmages and a camp tournament that will match up teams of comparable ability. Eight to 12 players per team.

### Saturday, July 10

11 a.m. - 1 p.m.

Check-in

2 p.m.

All-Camp Meeting

2:30 - 5:30 p.m.

Skill Session

5:30 p.m.

Dinner

7 - 10 p.m.

Competitive Session

### Sunday, July 11

8 a.m.

Breakfast

9 a.m. - Noon

Systems Session

12:30 p.m.

Lunch

3 - 5 p.m.

Transition Session

5:30 p.m.

Dinner

7:30 - 10 p.m.

Start of Tournament

### Monday, July 12

8 a.m.

Breakfast

9 a.m. - 1 p.m.

Completion of Tournament

1 p.m.

Check-out

(Coaches forum held each night)

### Cost per camper is:

\$160 resident (includes housing, meals, t-shirt)

\$140 commuter (includes t-shirt, lunch and dinner)

There is a \$150 "Team Fee" required to hold each team's spot in the camp. This fee will cover the expenses for two coaches for each team (meals, housing, & t-shirt). Fifty percent of the total payment is due by June 10 with the remaining balance due at check in. All fees and payments are non-refundable.

## Housing & Meals

Campers will be staying and eating on campus. Dorms are double occupancy and air conditioned. Cartmell Hall is located directly across the street from the athletic facilities. Note: Dinner on July 10 will be the first meal served, and breakfast on July 12 will be the last meal served. All other meals will be the responsibility of coaches and players.

**Supervision and Conduct of Campers** will be the responsibility of team coaches/chaperones. There will be housing and camp staff supervising the facilities at all times to ensure a secure environment. Campers are not permitted to leave campus unsupervised. Sports medicine staff will be on duty 24 hours a day during camp. Any misconduct by a camper is grounds for immediate dismissal from the camp without a refund.

**Bring with you** linens, blankets, alarm clock, towels, soap, volleyball shoes, knee pads, socks, sweatshirt, t-shirts and shorts.

**Special Events include** a tournament which will be held on the last day of Team Camp. Parents and friends are invited to watch. Playing times and locations will be posted in dormitories and Laughlin Gym.

**Check-In/Check-Out** will be held in the lobby of Laughlin Gym.

**MSU Volleyball T-Shirts** will be given to each camper.

**Additional Information** is available

by contacting:

Greg Goral

606-783-9515

[g.goral@moreheadstate.edu](mailto:g.goral@moreheadstate.edu)

