

# THE UNIVERSITY OF HOUSTON VOLLEYBALL

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## CAMP INFORMATION

# 2017



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# UNIVERSITY OF HOUSTON

## VOLLEYBALL CAMP MANUAL



### GENERAL INFORMATION

**NO SMOKING, ALCOHOL, OR DRUGS.** The use and/or possession of alcohol, drugs, tobacco, and any other illegal or inappropriate substance or items (firearms, lighters, matches, knives, etc.) by campers are prohibited. Any items found will be confiscated and a call to parents and appropriate law enforcement officials (if warranted) made. VIOLATIONS ARE JUSTIFICATION FOR IMMEDIATE EXPULSION FROM THE CAMP WITHOUT REFUND.

Your coaches, floor counselor, dorm supervisors, camp director and other staff members are available to help you with anything. Please let somebody know if we can help you or make camp more enjoyable.

Camp dress is a t-shirt, spandex or shorts, socks, kneepads, and comfortable shoes to wear during participation in camp. There will be water available to fill up your personal water bottle as well as water bottles and Gatorade bottles for sale.

There will be a camp store that accepts CASH or CHECK ONLY for t-shirts, volleyballs, water, Gatorade, healthy snacks, candy, etc.

Campers are allowed to bring cell phones. Campers will be able to use them between camp sessions and at the dorms. For safety and security, we ask that phones are not to be used during camp sessions and along the walk to/from the dorms and gym. If your daughter will not have a cell phone during camp and you need to get ahold of her, please contact UH Volleyball Assistant Coach, Ron Arenz (330-962-1200) and we will make sure that you connect.

Parents are welcome to come watch any camp session.

### DISCOUNTS

Multiple child discounts and University of Houston employee discounts are available. Please email [uhvbcamp@uh.edu](mailto:uhvbcamp@uh.edu) for additional information.

### REFUND POLICY

Refunds will ONLY be given when we receive written notice from a physician stating that the athlete is physically unable to participate in the camp prior to the camps start. Refund requests will be reviewed by camp administration. If your daughter is only able to attend part of a camp, a prorated amount is available if prearranged **by July 1, 2017**. These rates are usually reserved for those who miss an entire day and are not available to those who miss parts of a session.

### MEDICAL WAIVER FORM

ALL CAMPERS FOR ALL CAMPS are **required** to have a Medical Waiver on file prior to participation. ***Without a completed medical waiver on file, players will NOT be allowed to participate.***

This form will be completed through online registration or downloadable at:  
<https://camps.jumpforward.com/houstonvolleyballcamp>

Completed forms can be emailed to: [uhvbcamp@uh.edu](mailto:uhvbcamp@uh.edu)



# UNIVERSITY OF HOUSTON



## VOLLEYBALL CAMP MANUAL

### PRESCRIPTIONS AND MEDICATIONS

Prescription medications should be given to camp administration at check-in. Please place medications in a Ziploc bag with written instructions, dosage amounts, and times. If your camper is taking a general over the counter medication and is age appropriate and responsible enough to take the medication on their own, they may keep it in their bag or dorm room. However, all current medication should be listed in the registration processes required questions.

### CHECK-IN

**Day Campers and Commuter Campers:** check-in 30 minutes prior to the start of camp at the Athletic Alumni Center (3204 Cullen Blvd – *see attached map*). Campers are able to check themselves in as long as they are currently signed up and have a completed Medical Waiver Form already on file or will be bringing it with them at check-in.

**Resident Campers** (*Advanced Camp, All Skills Camp, and Team Camp*): check-in will be 11:30 am to 12:30 pm at Cougar Village (4385 Wheeler Street – *see attached map*). Campers are able to check themselves in as long as they are currently signed up and have a completed Medical Waiver Form already on file or will be bringing it with them at check-in. Parents are not allowed on the dorm floors, in camper's rooms, or in the cafeteria. It is recommended that roommate and suite mate requests register at the same time. A roommate request is not optional and you will room with someone of similar age if you do not have a request.

### CHECK-OUT

Day Campers and Commuter Campers can be picked up in the designated drop off/pick up area at the conclusion of the camp at the Athletic Alumni Center (3204 Cullen Blvd.).

**Resident Campers** for Advanced Camp, All-Skills Camp, and Team Camp will be picked up at the conclusion of the camp at the specified Cougar Village Dorm. (See next page for maps, directions, & addresses) The camper is able to check themselves out as long as they are capable of turning in their access card and room key. The Cougar Village Housing replacement cost for a lost room key is \$202.50. **Parents are not allowed on the dorm floors, in camper's rooms, or in the cafeteria.**

**Please make arrangements to have your camper picked up within 30 minutes of the conclusion of each overnight camp or if a commuter, at the completion of each day.**

### PARKING

Detailed parking information for Check-In/Registration, Commuter and Resident Campers as well as Drop-off and Pick-up will be provided as the camp dates near.



# UNIVERSITY OF HOUSTON

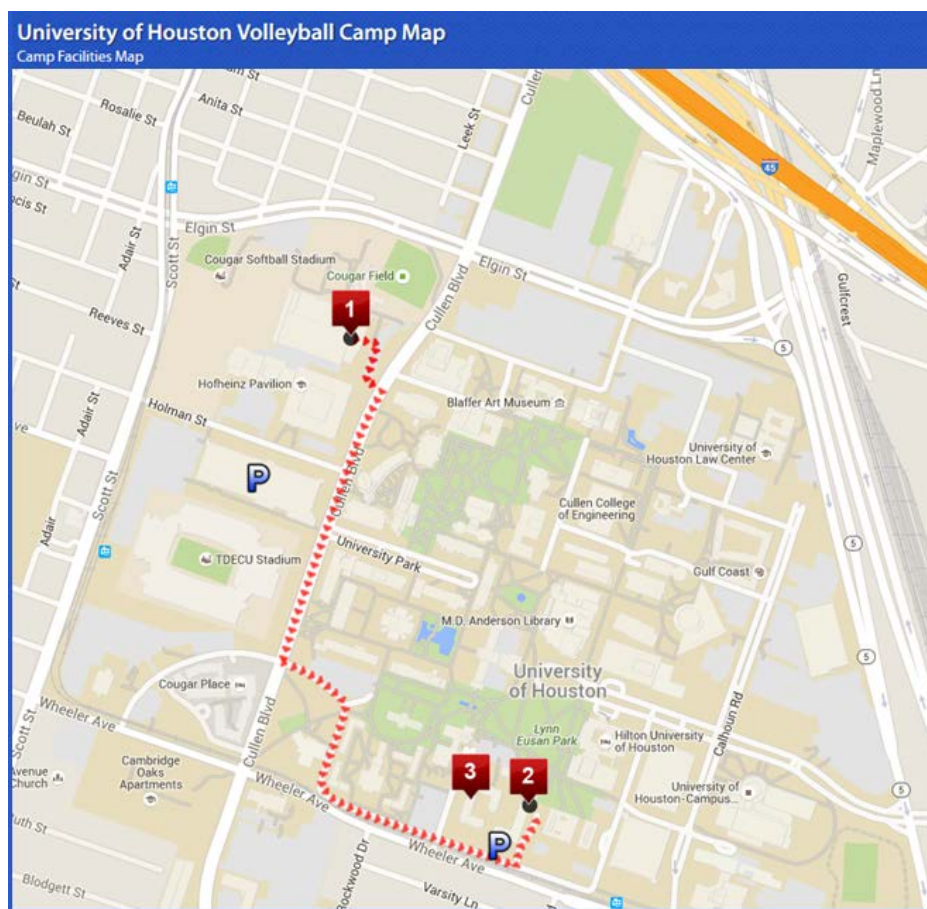
## VOLLEYBALL CAMP MANUAL



### ATHLETIC ALUMNI CENTER

**PHYSICAL ADDRESS: 3204 CULLEN BLVD, HOUSTON, TEXAS 77004**

Camp Facilities Map Link: <http://bit.do/UHVolleyballCampMap>



**1 Athletic Alumni Center:** Camp Location – Commuter & Day Camp Check-in

**2 Cougar Village 1:** Resident Camper Check-in

**3 Cougar Village 2:** Alternate Housing for Resident Campers - You will be notified if check-in is at this location. *Our main location for Resident Campers is Cougar Village 1.*

**P Camp Parking**

Houston Volleyball Camp • 3204 Cullen Blvd., Suite 2015 • Houston, Texas 77204  
[uhvbcamp@uh.edu](mailto:uhvbcamp@uh.edu) • (713) 743-9474 • Fax (713) 743-9488



# UNIVERSITY OF HOUSTON

## VOLLEYBALL CAMP MANUAL



### MANDATORY MEDICAL RELEASE & WAIVER STATEMENTS:

I, the undersigned, as the parent or legal guardian of the camper hereby authorize such diagnostic, medical and/or surgical treatment of, and/or administration of medication to such minor as may be considered necessary or appropriate under the circumstances for the treatment of any condition, illness or injury of the minor. The attending physician, appropriate staff, and The University of Houston and its officers, regents, employees, and/or volunteers shall not be responsible in any way for any consequences from said diagnostic, medical and/or surgical treatment, or administration of any medication, and are hereby released from any and all claims and causes of action that may arise, grow out of, or be incident to such diagnosis, treatment, or surgery, or administration of medication provided that these services are performed with ordinary care and to the best of their ability. I confirm that the below information is true to the best of my knowledge, and that I am not aware of any additional restrictions, special diets, medications, or conditions, required in order for my child to participate in the University of Houston sports camp activities other than as I have noted below.

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CAMPER'S FIRST & LAST NAME

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PARENT/GUARDIAN SIGNATURE

DATE

### Insurance Information

Insurance Company:

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Name of Insured:

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Insurance Policy Number:

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Physician's Name:

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Physician's Phone Number:

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List of Current Medications:

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List of Allergies:

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List of Conditions, Restrictions, Special Diets, or Concerns:

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# UNIVERSITY OF HOUSTON

## VOLLEYBALL CAMP MANUAL



### INFORMATION FOR RESIDENT CAMPERS

Cougar Village dorms are set up with four campers per suite. In each suite, there is one bathroom and two rooms that will each hold two campers and two beds. Campers may not move to another room or have anyone move into their room. Campers must remain in the room assigned to them by camp staff.

#### PACKING LIST:

- Bed linens & Blanket or Sleeping Bag
- Pillow
- Towel
- Toiletries.
- T-shirts
- Kneepads
- Spandex or shorts
- Socks
- Gym Shoes (to wear during participation in camp)

*You are welcome to pack other items such as an alarm clock, umbrella/poncho, etc. but the above items are the only required items to attend camp.*

Every camper is assigned to a dorm counselor and supervised at all times in the dorm. Campers are required to be in their room by 10:00pm. Our staff will do bed checks every night at 10:15pm. Report any dorm problems to your dorm counselor immediately.

Neither the camp nor the dorm is responsible for lost or stolen items. **LOCK YOUR ROOM & KEEP YOUR KEY WITH YOU AT ALL TIMES.**

You are responsible for your access card and room key. The Cougar Village Housing replacement cost for a lost room key is \$202.50.

We offer a roundtrip airport shuttle from Hobby Int'l Airport (HOU) for a fee of \$20.00 and George Bush Int'l Airport (IAH) for a fee of \$50.00.

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# UNIVERSITY OF HOUSTON

## VOLLEYBALL CAMP MANUAL



### COUGAR VILLAGE 1 – RESIDENT CAMPERS ONLY

**PHYSICAL ADDRESS: 4385 WHEELER STREET, HOUSTON, TEXAS 77004**

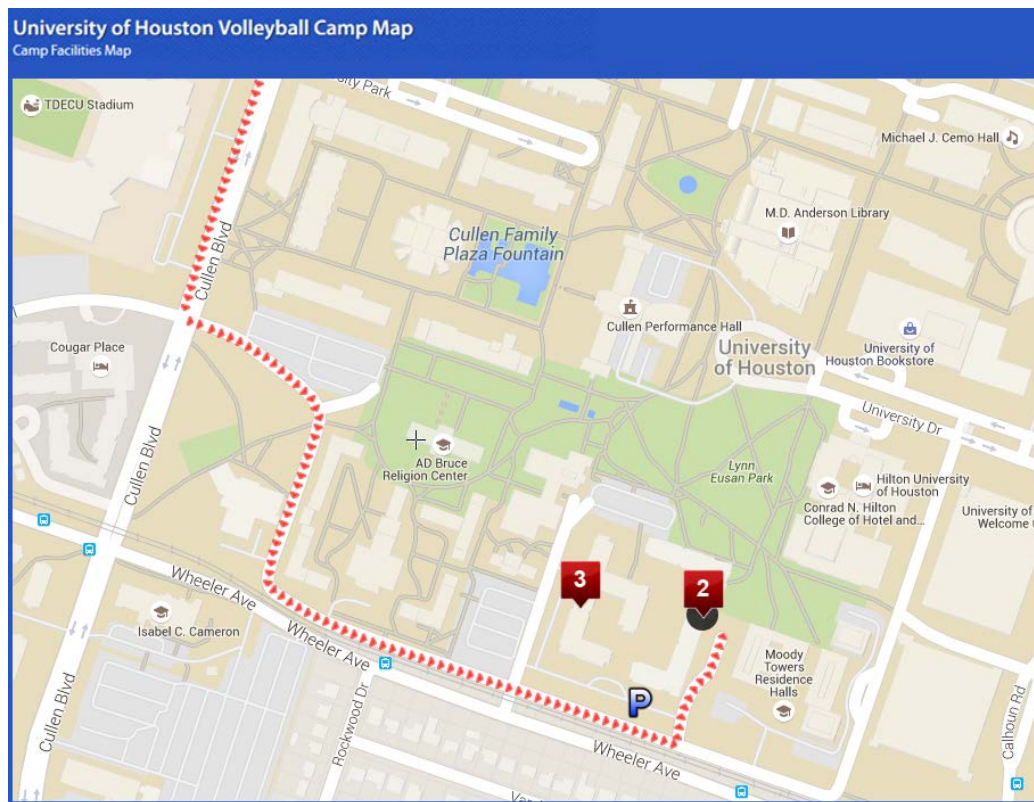
*From Cullen - left on Wheeler, left at first light, first right onto feeder road. Take next left down to end. Once in the building, check-in and check-out will be to the right side, around the corner, and directly behind the welcome counter.*

### COUGAR VILLAGE 2 – RESIDENT CAMPERS ONLY

**PHYSICAL ADDRESS: 4373 WHEELER STREET, HOUSTON, TEXAS 77004**

*From Cullen - left on Wheeler, left at first light, first right onto feeder road. Take next left down to end. Once in the building, check-in and check-out will be to the right side, around the corner, and directly behind the welcome counter.*

Camp Facilities Map Link: <http://bit.do/UHVolleyballCampMap>



**2** Cougar Village 1: Resident Camper Check-in

**3** Cougar Village 2: Alternate Housing for Resident Campers - You will be notified if check-in is at this location. Our main location for Resident Campers is Cougar Village 1.

**P** Camp Parking

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# UNIVERSITY OF HOUSTON

## VOLLEYBALL CAMP MANUAL



### 4-Day All Skills Camp (No Overnight): July 17-20, 2017

**Cost:** \$318 (Includes t-shirt & volleyball)  
**Optional Meal Plan:** \$42.40 (For all 4 days)  
**Age Recommendation:** Entering grade 4 or higher

*Per NCAA rules, sport camps and clinics conducted by the University of Houston are open to all entrants. Enrollment is limited only by age, grade level, gender, and capacity restrictions as specified by each camp.*

*The recommended age for this camp is for those entering grade 4 or higher.*

This All Skills DAY Camp will focus on all aspects of the game. Emphasis on fundamentals, technique refinement and exposure to tactical aspects of the game will be covered. Skill development is emphasized during hours of on-court instruction in the following areas: serving, serve receiving, forearm passing, setting, attacking, blocking, transition & competition.

ALL campers will receive a white Houston Volleyball t-shirt and one full size multi-colored UH camp volleyball for participating. Additional Red, Navy, and Pink t-shirts as well as additional camp volleyballs can be purchased in advance online or on site at the camp store.

#### Day Camp Schedule:

Check-In	8:00-9:00 AM
Session 1	9:00-12:00 PM
Lunch Break	12:00-1:00 PM
Session 2	1:00-3:00 PM

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# UNIVERSITY OF HOUSTON

## VOLLEYBALL CAMP MANUAL



### ADVANCED CAMP: July 22-23, 2017

<b>Commuter with Meals:</b>	<b>\$339.20</b> (7/16 Dinner, 7/17 Lunch)
<b>Resident Stay with Meals:</b>	<b>\$402.80</b> (7/16 Dinner, 7/16 Pizza Party, 7/17 Breakfast, 7/17 Lunch)
<b>Age Recommendation:</b>	<b>Entering grade 9 or higher</b>

Per NCAA rules, sport camps and clinics conducted by the University of Houston are open to all entrants. Enrollment is limited only by age, grade level, gender, and capacity restrictions as specified by each camp.

*The recommended age for this camp is for those entering grade 9 or higher.  
This camp requires 2 years varsity high school volleyball or high level club volleyball experience.*

This camp offers a high level of training and increased individual playing time for athletes. Refining technique and exposure to the tactical aspects of the game is the key to this intense volleyball environment. This camp is ideal for the experienced volleyball player striving to be their best.

All campers will receive a UH Team Camp T-shirt for participating. Additional Red, Navy, and Pink t-shirts as well as full size multi-colored UH camp volleyballs can be purchased in advance online or on site at the camp store.

#### Schedule:

Day 1: Check-In	11:30 AM-12:30 PM
<b>Session 1</b>	1:00-4:00 PM
Dinner (Provided)	4:00-5:00 PM
<b>Session 2</b>	5:00-8:00 PM
Pizza (Resident Camper Only)	8:00-9:00 PM
Day 2: Breakfast (Resident Camper Only)	7:30-8:30 AM
<b>Session 3</b>	9:00 AM-12:00 PM
Lunch (Provided)	12:00-1:00 PM
<b>Session 4</b>	1:00-4:00 PM
Check-Out	4:00-4:30 PM

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# UNIVERSITY OF HOUSTON

## VOLLEYBALL CAMP MANUAL



### 1-DAY POSITIONAL CLINICS: July 27 & 28, 2017

**Cost:** \$79.50  
**Lunch:** \$10.60  
**Age Recommendation:** Entering grade 4 or higher

*Per NCAA rules, sport camps and clinics conducted by the University of Houston are open to all entrants. Enrollment is limited only by age, grade level, gender, and capacity restrictions as specified by each camp.*

The Attacking/Serving Camp focuses on all aspects of the position including hand contact, arm swing, footwork, approach patterns, and scoring mindset. The serving portion of the camp focuses on all aspects of serving including hand contact, toss, routine, and the different types of serves: standing float, jump float, and jump top-spin.

The Setting/Serving Camp focuses on all aspects of the position including hand position, footwork techniques, defense, transition, offense and setting strategies. The serving portion of the camp focuses on all aspects of serving including hand contact, toss, routine, and the different types of serves: standing float, jump float, and jump top-spin.

The Defense/Passing/Serving Camp focuses on all aspects of defense including digging, floor moves, emergency techniques and other defensive techniques. The passing portion of the camp will focus on various passing techniques for both front row and back row passers as well as all around ball control techniques for all positions. The serving portion of the camp focuses on all aspects of serving including hand contact, toss, routine, and the different types of serves: standing float, jump float, and jump top-spin.

Red, Navy, and Pink Houston Volleyball t-shirts as well as full size multi-colored camp volleyballs can be purchased in advance online or on site at the camp store.

July 27, 2017	Attacking/Serving Camp	\$79.50	9:00 AM-3:00 PM
July 27, 2017	Setting/Serving Camp	\$79.50	9:00 AM-3:00 PM
July 28, 2017	Defense/Passing/Serving Camp	\$79.50	9:00 AM-3:00 PM

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# UNIVERSITY OF HOUSTON

## VOLLEYBALL CAMP MANUAL



### ALL SKILLS 2-DAY CAMP (w/ Overnight Option): July 24-25, 2017

**Commuter with Meals:** \$254.40 (7/21 Dinner, 7/22 Lunch)  
**Resident Stay with Meals:** \$307.40 (7/21 Dinner, 7/21 Pizza Party, 7/22 Breakfast, 7/22 Lunch)  
**Age Recommendation:** Entering grade 4 or higher  
*Resident campers must be entering grade 6 or higher*

Per NCAA rules, sport camps and clinics conducted by the University of Houston are open to all entrants. Enrollment is limited only by age, grade level, gender, and capacity restrictions as specified by each camp.

*The recommended age for this camp is for those entering grade 4 or higher.*

This camp focuses on all aspects of the game with the emphasis on fundamentals as well as refining technique and exposure to the tactical aspects of the game. Skill development is emphasized during hours of on-court instruction in the following areas: serving, serve receiving, forearm passing, setting, attacking, blocking, attack coverage, transition, and competition.

ALL campers will receive a white Houston Volleyball t-shirt and one full size multi-colored UH camp volleyball for participating. Additional Red, Navy, and Pink t-shirts as well as additional camp volleyballs can be purchased in advance online or on site at the camp store.

#### Schedule:

Day 1: Check-In	11:30 AM-12:30 PM
<b>Session 1</b>	1:00-4:00 PM
Dinner (Provided)	4:00-5:00 PM
<b>Session 2</b>	5:00-8:00 PM
Pizza (Resident Camper Only)	8:00-9:00 PM
Day 2: Breakfast (Resident Camper Only)	7:30-8:30 AM
<b>Session 3</b>	9:00 AM-12:00 PM
Lunch (Provided)	12:00-1:00 PM
<b>Session 4</b>	1:00-4:00 PM
Check-Out	4:00-4:30 PM

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# UNIVERSITY OF HOUSTON

## VOLLEYBALL CAMP MANUAL



### TEAM CAMP: July 29-30, 2017

<b>Price Per Camper:</b>	<b>\$206.70</b>
<b>Commuter with Meals:</b>	+ <b>\$0.00</b> (7/29 Dinner, 7/30 Lunch)
<b>Resident Stay with Meals:</b>	+ <b>\$53.00</b> (7/29 Dinner, 7/29 Pizza Party, 7/30 Breakfast, 7/30 Lunch)
<b>Age Recommendation:</b>	<b>Entering grade 9 or higher</b>

Per NCAA rules, sport camps and clinics conducted by the University of Houston are open to all entrants. Enrollment is limited only by age, grade level, gender, and capacity restrictions as specified by each camp.

*The recommended age for this camp is for those entering grade 9 or higher. There will be minimum of 8 players per team allowed and a maximum of 12 (some exceptions can be made please address with Houston coaches). If bringing more than 12 players we recommend splitting into multiple teams.*

Team Camp focuses on all aspects of the game with the emphasis on competition as well as refining technique and exposure to the tactical aspects of the game in a team environment. Teams of all levels are welcome. Each team must have a minimum of 8 players and may be accompanied by one coach with no charge. Each team will be provided with a camp staff coach. *The number of teams will be limited.*

#### Schedule:

Day 1: Check-In	11:30 AM-12:30 PM
<b>Session 1</b>	1:00-4:00 PM
Dinner	4:00-5:00 PM
<b>Session 2</b>	5:00-8:00 PM
Pizza	8:00-9:00 PM
Day 2: Breakfast	7:30-8:30 AM
<b>Session 3</b>	9:00 AM-12:00 PM
Lunch	12:00-1:00 PM
<b>Session 4</b>	1:00-4:00 PM
Check-Out	4:00-4:30 PM

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# UNIVERSITY OF HOUSTON

## VOLLEYBALL CAMP MANUAL



### Team Camp Registration Instructions

#### For Coaches:

*In order for your individual players to register for Team Camp YOU must first create your team on our website.*

- On the camps homepage scroll to the bottom and look for the section called TEAM CAMPS. Click the red VIEW button on the right hand side.
- On the next page click the red REGISTER button.
- On the next page you will see two red buttons, REGISTER AS COACH and REGISTER AS PLAYER. Click the REGISTER AS COACH button.
- On the next page it will ask for your First and Last Name. Enter the information and click the red SAVE AND CONTINUE button.
- On this page you will enter your contact information as well as the school information. It will also ask you to create a password that will allow you to login and see who all has signed up under your team info. On the right hand side under CREATE TEAM you will enter your Team Name/High School and create password (this is the Team Name and password that gets sent to your individual players for them to register).
- **If you have multiple teams** login to your team portal page. Once you are logged-in you can create another team in your account. You **MUST** have different Team Names for each team you are brining (Example: Your School 1, Your School 2...etc.).
- Once all the information is filled in click the red PASS PAYMENTS TO CAMPERS button on the bottom of page.
- On the next page is the check-out page and it will ask you for your credit card info...don't worry **YOU WILL NOT BE CHARGED!** This is only in place in case we were to charge a deposit for each team when they sign up.
- Once all the information is submitted and you check-out, **YOU** will receive an email. This email will give you details on how you can access your team portal page to see who all has registered etc. In the email it will also list the Team Name and password along with the registration link...this is the information that **YOU** will forward on to all your players for them to register and pay individually.
- When your players click the link in the email they will be sent to the same page you went to with the REGISTER AS COACH and REGISTER AS PLAYER buttons. They will click the REGISTER AS PLAYER button. The next page will list all the teams that are signed up and they will then just select their Team Name and continue through the process.

#### For Players:

- Click the link provided in the email you received from you coach.
- Click the red REGISTER AS PLAYER button.
- The next page will list all the teams that are signed up, click on your Team Name and continue through the registration and payment process.