

**THE UNIVERSITY OF HOUSTON  
VOLLEYBALL**

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**CAMP INFORMATION**

**2018**



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# UNIVERSITY OF HOUSTON VOLLEYBALL CAMP MANUAL



## 4-DAY ALL-SKILLS CAMP (No Overnight)

Camp I: July 9-12, 2018

Camp II: July 16-19, 2018

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 3rd through 10th grade.*

4-Day All-Skills Camp (Includes lunch all four days, camp t-shirt & camp volleyball)	\$371.00
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The 4-Day All-Skills Camp will focus on all aspects of the game with a strong emphasis on the fundamentals of volleyball. Skill development is emphasized during hours of on-court instruction in the following areas: serving, serve receiving, forearm passing, setting, attacking, blocking, transition & competition. Technique refinement and exposure to tactical aspects of the game will also be covered.

### THIS CAMP IS NOT RECOMMENDED FOR ADVANCED VOLLEYBALL PLAYERS!

**ALL CAMPERS** will receive lunch all four days, a Houston Volleyball t-shirt, and one full size multi-colored Houston Volleyball Camp volleyball for participating. Additional colored t-shirts can be purchased during online registration or on site at the camp store.

Lunches come from places like Jimmy John's, Which Wich, or Chick-fil-A and will generally consist of a sandwich, chips, and a cookie (items will vary based on who is providing the lunch). Water and Gatorade coolers are available during lunch. Additional bottled water and Gatorade can be purchased in the camp store.

#### Age Level & Requirements

Recommended for campers entering grades 3rd-10th.

This camp is not recommended for advanced volleyball players.

Campers will be split up based on age then skill level if needed. Campers that would like to stay with their friends can do so.

4-Day All-Skills Camp I & II Schedule		
July 9 <sup>th</sup>	Camp Check-In	8:00-8:45am
July 9 <sup>th</sup>	Session 1	9:00am-12:00pm
	Lunch (Included)	12:00-1:00pm
	Session 2	1:00-3:00pm
July 10 <sup>th</sup>	Session 3	9:00am-12:00pm
	Lunch (Included)	12:00-1:00pm
	Session 4	1:00-3:00pm
July 11 <sup>th</sup>	Session 5	9:00am-12:00pm
	Lunch (Included)	12:00-1:00pm
	Session 6	1:00-3:00pm
July 12 <sup>th</sup>	Session 7	9:00am-12:00pm
	Lunch (Included)	12:00-1:00pm

Houston Volleyball Camp • 3204 Cullen Blvd., Suite 2015 • Houston, Texas 77204

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# UNIVERSITY OF HOUSTON VOLLEYBALL CAMP MANUAL



## ADVANCED CAMP: July 21-22, 2018

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 8th grade or higher.**

Commuter Camper (meals included: 7/22 Dinner, 7/23 Lunch)	\$339.20
Resident/Overnight Camper (meals included: 7/22 Dinner, 7/22 Pizza Party, 7/23 Breakfast, 7/23 Lunch)	\$402.80

Advanced Camp is geared for the more advanced and more skilled volleyball player who wants to train in a competitive/collegiate type environment. This camp is ideal for the highly experienced volleyball player striving to be their best and take their game to the next level. Campers will be grouped based on age and skill level.

**ALL CAMPERS** will receive a Houston Volleyball t-shirt for participating. Additional colored t-shirts can be purchased during online registration or on site at the camp store.

**What is a Commuter Camper?** This camper does not stay in the University dorms. This camper will have dinner on day one and lunch on day two provided at no additional charge.

**What is a Resident Camper?** This camper will stay in the University of Houston dorms where they will be supervised by the coaching staff and resident hall staff. ALL meals are included at no additional charge.

**Age Level & Requirements?** The recommended age for this camp is for those entering 8th grade or higher. We recommend campers for the Advanced Camp have at least 2 years of competitive volleyball OR high level club volleyball experience. Campers will be grouped based on age and skill level.

Advanced Camp Schedule		
July 21st	Camp Check-In	11:30am-12:45pm
July 21st	Session 1	1:00-4:00pm
	Dinner (Included)	4:00-5:00pm
	Session 2	5:00-8:00pm
	Pizza (Resident Camper Only)	8:30-9:30pm
July 22nd	Breakfast (Resident Camper Only)	7:30-8:30am
	Session 3	9:00am-12:00pm
	Lunch (Included)	12:00-1:00pm
	Session 4	1:00-4:00pm
	Dorm Check-Out	4:00-4:30pm



# UNIVERSITY OF HOUSTON VOLLEYBALL CAMP MANUAL



## 2-DAY ALL-SKILLS CAMP (w/ Overnight Option): July 23-24, 2018

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 3rd through 10th grade.  
Overnight campers must be entering 6th grade or higher.**

Commuter Camper (meals included - 7/23 Dinner, 7/24 Lunch)	\$254.40
Resident/Overnight Camper (meals included - 7/23 Dinner, 7/23 Pizza Party, 7/24 Breakfast, 7/24 Lunch)	\$318.00

The All-Skills 2-Day Camp will focus on ALL aspects of the game. Emphasis on fundamentals, technique refinement and exposure to the 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 Houston Volleyball t-shirt and one full size multi-colored Houston Volleyball Camp volleyball for participating. Additional colored t-shirts can be purchased during online registration or on site at the camp store.

### What is a Commuter Camper?

This camper does not stay in the University dorms. This camper will have dinner on day one and lunch on day two provided at no additional charge.

### What is a Resident Camper?

This camper will stay in the University of Houston dorms where they will be supervised by the coaching staff and resident hall staff. ALL meals are included at no additional charge.

### Age Level & Requirements

Recommended for campers entering grades 3rd-10th.

2-Day All-Skills Camp Schedule		
July 23 <sup>rd</sup>	Camp Check-In	11:30am-12:45pm
July 23 <sup>rd</sup>	Session 1	1:00-4:00pm
	Dinner (Included)	4:00-5:00pm
	Session 2	5:00-8:00pm
	Pizza Party (Resident Camper Only)	8:30-9:30pm
July 24 <sup>th</sup>	Breakfast (Resident Camper Only)	7:30-8:30am
	Session 3	9:00am-12:00pm
	Lunch (Included)	12:00-1:00pm
	Session 4	1:00-4:00pm
	Dorm Check-Out	4:00-4:30pm



# UNIVERSITY OF HOUSTON VOLLEYBALL CAMP MANUAL



## 1-DAY POSITION CAMPS

**Attacking/Serving Camp: July 26, 2018**

**Setting/Serving Camp: July 26, 2018**

**Defense/Passing/Serving Camp: July 27, 2018**

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 4th grade or higher.**

**Attacking/Serving Camp with Lunch: \$90.10**

The Attacking/Serving Day Camp will focus 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. Serving is an important aspect of the game at every level.

**Setting/Serving Camp with Lunch: \$90.10**

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. Serving is an important aspect of the game for ALL.

**Defense/Passing/Serving Camp with Lunch: \$90.10**

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.

Colored t-shirts can be purchased in advance during online registration or on site at the camp store.

Lunches come from places like Jimmy John's, Which Wich, or Chick-fil-A and will generally consist of a sandwich, chips, and a cookie (items will vary based on who is providing the lunch). Water and Gatorade coolers are available during lunch. Additional bottled water and Gatorade can be purchased in the camp store.

### Age Level & Requirements

Recommended for campers entering grades 4th-12th.

Daily Camp Schedule		
July 26 <sup>th</sup> & 27 <sup>th</sup>	Camp Check-In	8:00-8:45am
July 26 <sup>th</sup> & 27 <sup>th</sup>	Session 1	9:00am-12:00pm
	Lunch (Included)	12:00-1:00pm
	Session 2	1:00-3:00pm



# UNIVERSITY OF HOUSTON VOLLEYBALL CAMP MANUAL



## TEAM CAMP: July 28-29, 2018

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.

**This camp is for high school teams only. Your high school coach must register your team in order to participate. 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 contact Houston coaches). If bringing more than 12 players we recommend splitting into multiple teams.**

Price per Commuter Camper (meals included: (7/28 Dinner, 7/29 Lunch):	\$212.00
Resident/Overnight Camper (meals included: 7/28 Dinner, 7/28 Pizza Party, 7/29 Breakfast , 7/29 Lunch	\$275.60

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 and registration will close July 13th.**

ALL campers will receive a Team Camp t-shirt for participating. Additional colored t-shirts can be purchased in advance during online registration or on site at the camp store.

**Overnight campers** will stay in the University of Houston dorms where they will be supervised by the coaching staff and resident hall staff. ALL meals are included at no additional charge.

Team Camp Schedule		
July 28th	Camp Check-In	11:30am-12:45pm
July 28th	Session 1	1:00-4:00pm
	Dinner (Included)	4:00-5:00pm
	Session 2	5:00-8:00pm
	Pizza (Resident Camper Only)	8:30-9:30pm
July 29th	Breakfast (Resident Camper Only)	7:30-8:30am
	Session 3	9:00am-12:00pm
	Lunch (Included)	12:00-1:00pm
	Session 4	1:00-4:00pm
	Dorm Check-Out	4:00-4:30pm



# 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 bringing (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.



# 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

Refund requests will be reviewed by camp administration as long as the refund request is made 48 hours prior to the first day of the camp. If your daughter is only able to attend part of a camp, a prorated amount is available if prearranged **by July 1, 2018**. 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 RELEASE & 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. If you registered on our website you have already signed the waiver and do not need to fill another one out. If you are a walk-up registration or purchased the camp on Groupon please go to the link below, fill out the form, and email it back to us prior to the start of camp.**

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

**CAMP CHECK-IN FOR ALL CAMPERS, RESIDENT & COMMUTER, IS AT THE ATHLETIC ALUMNI CENTER, 3204 CULLEN BLVD!!!**

**Commuter Campers:** Doors open & check-in begins at 11:30am at the Athletic Alumni Center (3204 Cullen Blvd, Houston). 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, 2-Day All-Skills Camp, and Team Camp*): Doors open & check-in will be 11:30 am at the Alumni Athletics Center (3204 Cullen Blvd). **DO NOT CHECK-IN AT THE DORMS, ALL RESIDENT CAMPERS WILL CHECK-IN AT THE ATHLETIC ALUMNI CENTER!!** Parents are not allowed on the dorm floors, in camper's rooms, or in the cafeteria. 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 at the conclusion of the camp at the Athletic Alumni Center (3204 Cullen Blvd, Houston). **Please make arrangements to have your camper picked up within 30 minutes of the conclusion at the completion of each day.**

**Resident Campers** will be **picked up at the conclusion of the camp at the Cougar Village Dorms**, (4385 Wheeler Street, Houston). 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 camp.**

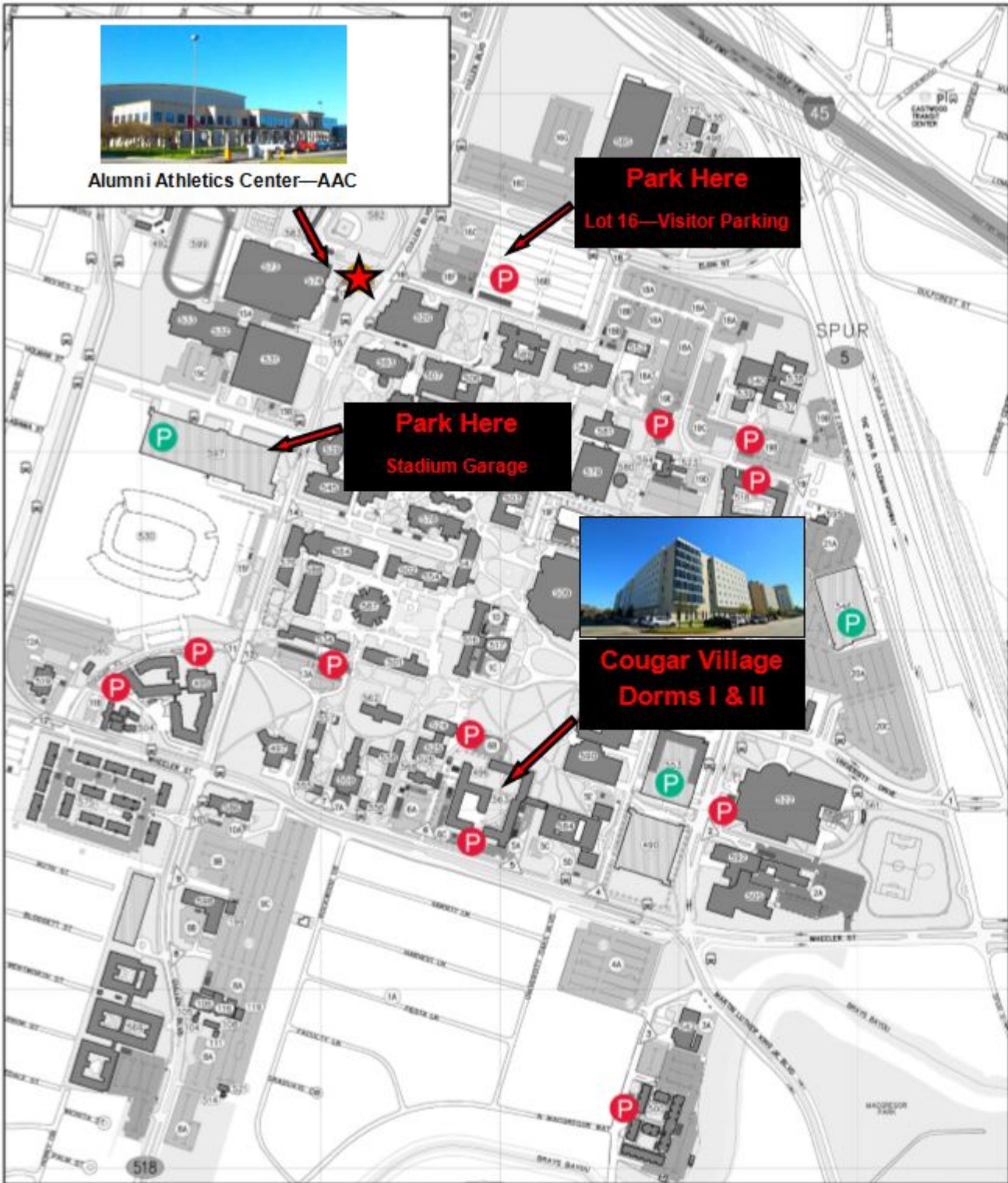
## PARKING

**Parking during camps that occur during a weekday requires a permit.** Visitor parking requires the purchase of a permit. Visitor permits can be purchased from the free-standing kiosk located within each lot. Suggested Visitor Lots near the AAC are: Lot 16 (located across Cullen Blvd from the UH Baseball field) and the Stadium Parking Garage (3874 Holman St) at the corner of Cullen Blvd and Holman St). By parking on campus and failing to comply with the permit policy, you assume all responsibility for any citations issued by the UH Parking Division. See map below.

**Camps that occurs over the weekend, permits are not required.** Suggested Visitor Lots near the Athletics Alumni Center (AAC) are: Lot 16, located across Cullen Street from the UH Baseball field and the Stadium Parking Garage (3874 Holman St) at the corner of Cullen Blvd and Holman St). See map below.



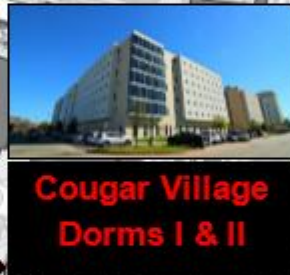
# UNIVERSITY OF HOUSTON VOLLEYBALL CAMP MANUAL



Alumni Athletics Center—AAC

**Park Here**  
Lot 16—Visitor Parking

**Park Here**  
Stadium Garage



**Cougar Village  
Dorms I & II**



# 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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