

## Pam Briggs, Camp Director

*Pam Briggs is in her 16th year as head volleyball coach at Capital University. Playing in the Ohio Athletic Conference, one of the top conferences in all of NCAA Division III, her teams have always been competitive, winning the league in 1996 and 2003, and finishing second in 1995, 2002 and 2005. Her 2008 squad went 24-9. In 2005, Coach Briggs was named OAC Coach of the Year, as well as NCAA Regional Coach of the Year. Her 2006 team recorded its first NCAA win. A Reynoldsburg, Ohio, native, Coach Briggs played for four seasons at Kent State University and was an assistant coach at Reynoldsburg High School and Capital before taking over the university's program in 1992.*

## Lady Crusader Volleyball Camp Quick Facts

*All camps will take place in The Capital Center at Capital University in Columbus, Ohio. This state-of-the-art facility has six competition-level, air-conditioned courts.*

**Overnight/Commuter Camp** creates an intense but fun learning experience in fundamentals of volleyball, including techniques of passing and setting, attacking, blocking, serving and defense. Check-in is from 4:30 to 6 p.m. on the first day of camp, with on-court instruction from 6:30 to 9 p.m. On the second and third days, volleyball activities are scheduled from 9 a.m. to 9 p.m. The final day will go from 9 a.m. to noon. Overnight resident campers receive breakfast, lunch and dinner. Overnight camp commuters receive lunch and dinner. Each girl will get a T-shirt.

**July 19-22** – This camp is open to girls in grades 7-11 of any skill level or ability.

**Commuter \$250; Resident \$340**

*(Application must include a \$100 non-refundable deposit, which is applied toward the total fee.)*

**Libero/Defense/Serve/Receive Camp** – Open to girls in grades 7-12. Gain confidence in serve, receive and defense, and develop platform and reading skills. Lunch and T-shirt provided. **July 23**, 9 a.m. to 4 p.m. **\$70** *(Application must include a \$20 non-refundable deposit, which is applied toward the total fee.)*

**Hitting/Blocking Camp** – Open to girls in grades 7-12. Improve your attacking skills and shot selection and receive position-specific training. Lunch and T-shirt provided. **July 24**, 9 a.m. to 4 p.m. **\$70** *(Application must include a \$20 non-refundable deposit, which is applied toward the total fee.)*

**General Skills Camp** – Open to girls in grades 7-10. Strengthen your overall skills and techniques complete with an afternoon of playing opportunity. Lunch and T-shirt provided. **July 25**, 9 a.m. to 4 p.m. **\$70** *(Application must include a \$20 non-refundable deposit, which is applied toward the total fee.)*

**Hitting/Setting Camp** – Open to girls in grades 9-12. Strengthen your connection of set locations with hitter's timing. Players will be trained in one of the two areas, and brought together for team play in the afternoon. Lunch and T-shirt provided. **July 27**, 9 a.m. to 4 p.m. **\$70** *(Application must include a \$20 non-refundable deposit, which is applied toward the total fee.)*

**Passing/Serving Camp** – Open to girls in grades 4-8. Designed to introduce basic skills to young players. Lunch and T-shirt provided. **July 28**, 9 a.m. to 4 p.m. **\$70** *(Application must include a \$20 non-refundable deposit, which is applied toward the total fee.)*

**Setting/Hitting Camp** – Open to girls in grades 4-8. Designed to introduce basic skills to young players. Lunch and T-shirt provided. **July 29**, 9 a.m. to 4 p.m. **\$70** *(Application must include a \$20 non-refundable deposit, which is applied toward the total fee.)*

### Mail payment, forms and deposit to:

*Pam Briggs, Head Volleyball Coach  
Capital University, 1 College and Main  
Columbus, OH 43209-2394*

*Questions? (614) 236-6918 or pbriggs@capital.edu*

**For directions to Capital University, go to [www.capital.edu](http://www.capital.edu) and click on "athletics"**

## Registration Form

*Please check the camp(s) you will attend.*

\_\_\_\_\_ **Overnight/Commuter Camp**

Grades 7-11 • July 19-22

\_\_\_\_\_ Commuter \$250

\_\_\_\_\_ Resident \$340

\_\_\_\_\_ **Defense/Libero Camp**

Grades 7-12 • July 23 • \$70

\_\_\_\_\_ **Hitting/Blocking Camp**

Grades 7-12 • July 24 • \$70

\_\_\_\_\_ **General Skills Camp**

Grades 7-10 • July 25 • \$70

\_\_\_\_\_ **Hitting/Setting Camp**

Grades 9-12 • July 27 • \$70

Primary skill: \_\_\_\_\_ hitting \_\_\_\_\_ setting

\_\_\_\_\_ **Passing/Serving Camp**

Grades 4-8 • July 28 • \$70

\_\_\_\_\_ **Setting/Hitting Camp**

Grades 4-8 • July 29 • \$70

Name \_\_\_\_\_

Address \_\_\_\_\_

City/State/ZIP \_\_\_\_\_

Phone (     ) \_\_\_\_\_

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

School \_\_\_\_\_

Grade in 2009-10 \_\_\_\_\_ T-shirt size (adult) \_\_\_\_\_

Roommate \_\_\_\_\_

### **Make checks payable to: Lady Crusader Volleyball Camp**

**Note:** You must return a completed Release and Indemnity Form, the Registration Form, and a non-refundable deposit (\$100 for overnight camp; \$20 for single-day camp) to ensure your enrollment. (Deposit applies to total balance.) Please fill out both forms completely.

Confirmation will be e-mailed to you following registration. A hard copy will be mailed if no e-mail address is provided.

## Release and Indemnity

A **non-refundable** check for \$100 or \$20 (depending on which camp you are participating in) made payable to Lady Crusader Volleyball Camp must accompany this registration form.

Enrollment is limited, so it is important to apply early. Upon receiving your registration form and deposit, you will be contacted for confirmation. Refunds will be given to those excluded due to enrollment limitations.

In consideration of the acceptance of this application, I, intending to be legally bound, hereby for myself, my heirs, executors and administrators, waive and release any and all rights and claims for damages I may have against Capital University or its representatives or assignees for any and all damages which may be sustained by me in connection with my association with the entry in this camp, and which may arise out of my traveling to, participating in or returning from the camp.

Health Insurance Co. \_\_\_\_\_

Policy Number \_\_\_\_\_

### Medical History/Permission Form

Participant's Name \_\_\_\_\_

Emergency Contact Name \_\_\_\_\_

Phone (     ) \_\_\_\_\_

Address \_\_\_\_\_

City \_\_\_\_\_ State \_\_\_\_\_ ZIP \_\_\_\_\_

Physical limitations preventing participation (use another page if necessary) \_\_\_\_\_  
\_\_\_\_\_

Medications currently used and reason \_\_\_\_\_  
\_\_\_\_\_

Signature (Participant) \_\_\_\_\_

Date signed \_\_\_\_\_

Signature (Parent/Guardian) \_\_\_\_\_

Date signed \_\_\_\_\_

**NOTE: You must return a completed Release and Indemnity Form and the Registration Form to ensure your enrollment. Please fill out both forms completely.**

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Volleyball Office  
Capital University  
1 College and Main  
Columbus, OH 43209-2394

**CAPITAL**  
UNIVERSITY

PAM BRIGGS' LADY CRUSADER

# Volleyball Camp



### Overnight/Commuter Camp

Grades 7-11  
July 19-22

### Individual Sessions

Defense/Libero • Grades 7-12  
July 23

Hitting/Blocking • Grades 7-12  
July 24

General Skills/Play • Grades 7-10  
July 25

Hitting/Setting • Grades 9-12  
July 27

Passing/Serving • Grades 4-8  
July 28

Setting/Hitting • Grades 4-8  
July 29