

GOLDEN FLYER BOYS VOLLEYBALL CAMP

INSURANCE POLICY ACKNOWLEDGEMENT

Family Accident Insurance Coverage
with: _____

I hereby attest that my son or daughter is of sufficient fitness of mind and body to participate in the rigors of this volleyball camp and declare that I have accident insurance with the above-named company and that any occurring injuries will be charged to my policy. I hereby give my consent for my child's participation in this camp.

**SIGNATURE OF PARENT
OR GUARDIAN:**

DATE: _____

AREAS TO BE COVERED

1. Fundamentals

*Passing, Serving, Setting, Hitting, Blocking
*Focusing on skill development, proficiency, and execution.

2. Defense

*Posture, Footwork, Blocking, Body Position
*Focusing on anticipation, reading the play and proper execution of skill.

3. Offense

*Approach, Footwork, Swing, Different Plays
*Focusing on developing the proper skills needed to be explosive and have good execution.

4. Game Play

*Players work on skill execution through game situations. Campers work on transition from defense to offense



Golden Flyer Boys Volleyball Camp



**For Players
in Grades 7 through 12
Cost: \$260 (Commuter) /
\$360 (Overnight)**

**Tuesday, June 25-
Thursday, June 27, 2019**

**Coach Cal Wickens
(585) 389-2189
cwicken0@naz.edu**

“Train with National Champions”

CAMP APPLICATION

Name _____ Age _____ Height _____ T-Shirt Size _____

Address _____ City _____ State _____ Zip _____

Volleyball Playing Experience _____ yrs. Please circle choice: Overnight Camper Commuter

Telephone Number _____ Grade on Sept. 1, 2019 _____ Club Years _____

Parent signature _____ Parent E-mail _____

PLEASE RETURN APPLICATION WITH \$50 NON-REFUNDABLE DEPOSIT TO:

Golden Flyer Boys Volleyball Camp
Attn: Cal Wickens, Director
4245 East Avenue
Rochester, NY 14618-3790

**PLEASE MAKE CHECKS PAYABLE TO:
CAL WICKENS, DIRECTOR**

Cost: \$260 Commuter
\$360 Overnight
(includes 3 meals a day plus lodging)

Each Camper receives:

- ◆ Camp T-shirt
- ◆ Camp Water Bottle
- ◆ Camp Lunch
- ◆ Four days of supervised instruction and game play
- ◆ Direction and support to attain a higher level of volleyball
- ◆ If you make the top court, you get one bonus evening session
- ◆ Compete against the best

Daily Schedule

- 8:45 Arrival and Check-in
- 9:00 Warm-ups and Announcements
- 9:15 Skill Development Stations
- 12:00 Lunch Break
- 1:00 King of the Court
Competition/ Warm-up
- 1:30 Skill Development Stations
- 3:30 Competition/Games
- 4:30 Cool Down/ Summary
- 4:45 Departure

The Facilities

The camp will be conducted in the air-conditioned Kidera Gymnasium in the Otto A. Shults Community Center on the Nazareth College campus.

A training room and certified trainer will be available in case of injury. The Golden Flyer Boys Volleyball Camp is certified by the New York State Department of Health.

The Camp Director

CAL WICKENS: Cal Wickens is head coach of the men's and women's volleyball teams at Nazareth College. He also was the head coach and director of the Pace Bootlegger club team.

Wickens was National Coach of the Year in men's Division III in 2011 after guiding the Golden Flyers to the Molten Division III championship. He earned that honor again in 2013 after leading Nazareth to a 36-2 record and a berth in the national championship match.

He also has coached 21 All-Americans since 2007 and has won more than 300 matches in 15 seasons.

Wickens is also coach of the Golden Flyers' women's volleyball team that won the Empire 8 Conference championship in 2011, 2012, 2013 and 2018 and made its 12th NCAA Tournament appearance in 2018.

He has guided the women's team to 364 wins in 16 seasons.

THE STAFF: The staff includes current Nazareth College players and feature many others including:

- ◆ **Jim Clar**, Hartwick head coach / USA Youth National Team / Played collegiately at University of Hawaii
- ◆ **Tyler Blank**, Nazareth assistant coach / Pace Bootlegger standout / Standout at Rivier College
- ◆ **Mike Fox**, Nazareth assistant coach / played at Kean University / Pace Club Coach
- ◆ **Spencer Wickens**, Pepperdine University standout / USA Fab 50 team / Nazareth Court Coach
- ◆ **Adam Dake**, Nazareth assistant coach / Standout at Endicott College

Come train with members of the Golden Flyers coaching staff!

"Nazareth College prides itself with a winning tradition and a commitment to excellence in the volleyball community."