

**GOLDEN FLYER
GIRLS 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: _____

**“Our goal is to motivate players
through skill development and
game like training.”**

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
Girls Volleyball Camp**



Camp Options (select one):

July 31-Aug. 2, 2018 (3 days)
Session 1 (for grades 4-7)
(9 a.m.-12:30 p.m.)
Cost: \$160 (commuter)

July 30-Aug. 3, 2018 (5 days)
Sessions 2 & 3 (for grades 8-12)
(1 p.m.-7 p.m.)

Commuter cost: \$320.....

Mon.-Wed. overnight cost: \$250 (2 nights)...

Wed.-Fri. overnight cost: \$250 (2 nights)....

Mon.-Fri. overnight cost: \$490 (4 nights)....

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

CAMP APPLICATION

Name _____ Age _____ Height _____ T-Shirt Size _____
Address _____ City _____ State _____ Zip _____
Volleyball Playing Experience _____ yrs. Please circle level: Modified JV Level Varsity
Telephone Number _____ Grade on Sept. 1, 2018 _____ Club Years _____
Parent signature _____ Parent E-mail _____

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

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

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

Session 1

**Cost: \$160 Commuter (skills camp)
(For Girls Grades 4-7, 9 a.m.-12:30 p.m.)**

Each Camper receives:

- ◆ Camp T-shirt
- ◆ Camp Water Bottle
- ◆ Challenge Court Competition
- ◆ Four days of supervised instruction and game play
- ◆ Direction and support to attain the next level of volleyball
- ◆ Compete against the best

Sessions 2 and 3

**Cost: \$320 Commuter / \$490 Overnight
(For Girls Grades 8-12, 1 p.m. - 7 p.m.)**

Each Camper receives:

- ◆ Camp T-shirt
- ◆ Camp Water Bottle
- ◆ Challenge Court Competition
- ◆ Five days of supervised instruction and game play
- ◆ Two bonus evening sessions for the top court campers
- ◆ 3 meals included for overnighters

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 trainer will be available in case of injury. The Golden Flyer Girls 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 14 seasons.

Wickens is also coach of the Golden Flyers' women's volleyball team that won the Empire 8 Conference championship in 2011, 2012 and 2013 and made its 11th NCAA Tournament appearance in 2013.

He has guided the women's team to 341 wins in 15 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
- ◆ **Steve England**, St. John Fisher associate head coach / Former Nazareth College player and coach / Pace Bootlegger alumni
- ◆ **Mike Fox**, Nazareth assistant coach / played at Kean University / Pace Club Coach
- ◆ **Spencer Wickens**, Pepperdine University standout / USA Fab 50 team / Nazareth Court Coach
- ◆ And many more former collegiate standouts!

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