



It is the mission of this camp and its staff to create a high level of energy and learning for Long Island's Volleyball Community. Most coaches have seen the undeniable growth of volleyball over the past decade. We are determined to use our experiences to help Long Island become a dominant region in volleyball. As coaches we are eager to give back to a sport we love.

**Deb Matejka-DesLauriers,**

is in her 12<sup>th</sup> season as the Division I Head Coach at Stony Brook University and her 16<sup>th</sup> season overall in the Division I ranks. Matejka-DesLauriers is the 2007 America East Coach of the Year and has had one All-American and two professional players come out of her program at SB. In February 2009, Matejka-DesLauriers was bestowed the honor of being inducted into the Providence Friars Hall of Fame for her tremendous accolades as a player on the Friars Volleyball Team ('87-'90). She is the only player in Providence Volleyball history to be awarded with such an honor. Matejka-DesLauriers was the BIG EAST Rookie of the Year as a Freshman and a four year ALL-BIG EAST performer as well as a three time ALL-BIG EAST Tournament team honoree. She was the only active player to be nominated for the BIG EAST Volleyball Player of the Decade (80's) while a Junior.



**Kevin DesLauriers** an Assistant Coach with the Stony Brook Volleyball Program in his 12<sup>th</sup> year. He serves as a Director for Long Island Volleyball Academy.



**Rick Cole** is the 181's Coach for Long Island Volleyball Academy. **Kellie Block** and **Brooke Cole** are Grassroots Directors.

# SKILLS & TRAINING CAMP 2011



3733 Evans Court  
Seaford, NY 11783

# BOYS & GIRLS VOLLEYBALL CAMP



## Skills & Training Camp at Stony Brook University

All Camps Open to any and All Boys & Girls

**Setters Camp**

*(Ages 13 - 18, grades 7 - 12)*

July 11-15 • 9:00am - 2:00pm

**Defensive/Passing/Serving Camp**

*(Ages 13 - 18, grades 7 - 12)*

July 11-13 • 12:30pm - 4:00pm

**Attacking/Blocking Camp**

*(Ages 13 - 18, grades 7 - 12)*

July 13 - 15 • 12:30pm - 4:00pm

**Grassroots Camp**

*(Ages 6 - 12, grades 1 - 6)*

August 1 - 4 • 9:00am - 3:00pm

**Individual Skills Camp**

*(Ages 13 - 18, grades 7 - 12)*

August 1 - 4 • 9:00am - 3:00pm

**Advanced Skills Camp**

*(Ages 15 - 18, grades 9 - 12)*

August 8 - 11 • 9:00am - 9:00pm

*enrollment limited*



### Camp Philosophy

Welcome to another exciting summer camp season with Long Island Volleyball Academy Inc. in association with **Deb Matejka-DesLauriers and Stony Brook Volleyball**. As the summer approaches, we are committed to raising the bar and continuing to strengthen our athletes and their abilities to play volleyball. Our focus will be squarely on both tactical as well as technical training and will serve as an excellent opportunity for boys and girls to get an important head start to the season. Each camper will receive guided instruction from volleyball coaches. The goal of the camps is to improve individual skill level, develop and strengthen their ability in the sport they love.

### Things to Know

**Medical attention:** A trainer will be on duty to administer to minor injuries and ailments. A Medical Release Form as well as the Stony Brook Assumption of Risk Form is required and must be completed prior to camp. These forms are available online in the camp section of [www.theislandvolleyballacademy.com](http://www.theislandvolleyballacademy.com).

**Things to bring to camp:** Each camper should bring T-shirts, kneepads and gym shoes. Please bring a water bottle to stay hydrated. We will have water coolers and beverages to purchase on-site. Please bring lunch each day.

**Facilities:** All camps, will be held at the Stony Brook University Sports Complex Arena.

**Each camper will receive a T-shirt.**

Daily schedule information will be posted on our website:

### Camps and Programs Available

#### Setters Camp

(Ages 13 - 18, grades 7 - 12)

**July 11 - 15, 9:00am - 2:00pm**

This camp will cover all aspects of setting from basic training to advanced techniques and ideas associated with the position. The increased number of individual reps and contacts are the foundation of this camp. **\$280 per child**

#### Defensive, Passing and Serving Camp

(Ages 13 - 18, grades 7 - 12)

**July 11 - 13, 12:30pm - 4:00pm**

This camp will cover all aspects of passing, defense and serving. The increased number of reps and contacts will lead directly to proper skill development. **\$200 per child**

#### Attacking and Blocking Camp

(Ages 13 - 18, grades 7 - 12)

**July 13 - 15, 12:30pm - 4:00pm**

This camp will cover all aspects of attacking and blocking including: skill specific reps, contacts and live action reps of hitters vs. blockers. **\$200 per child**

#### Grassroots Camp

(Ages 6 - 12, grades 1 - 6)

**August 1 - 4, 9:00am - 3:00pm**

By using unique and fun training methods our Grassroots Camp is an introduction to overall basic skills and techniques of how to play volleyball. **\$200 per child**

#### Individual Skills Camp

**August 1 - 4, 9:00am - 3:00pm**

(Ages 13 - 18, grades 7 - 12)

Each camper will receive a comprehensive overview of each skill. This camp is designed for players with several years of High School and Club experience. It will consist of advanced training, reps, techniques and ideas associated with each skill. This camp is perfect for individuals looking to develop their full potential in all volleyball related skills. **\$340 per child**

#### Advanced Skills Camp – Enrollment limited

**August 8 - 11, 9:00am - 9:00pm**

(Ages 15 - 18, grades 9 - 12)

Advanced skills camp is geared towards the experienced volleyball athlete. It is a comprehensive camp that covers advanced techniques, as well as strength and conditioning as it applies to volleyball training at an elite collegiate level.

Open to Boys and Girls **\$390 per child (commuter)**

Girls ONLY **\$490 per child (overnight)**

[www.theislandvolleyballacademy.com](http://www.theislandvolleyballacademy.com)

### Application for Long Island Volleyball Academy Summer Camps & Programs



Name \_\_\_\_\_

Address \_\_\_\_\_

City \_\_\_\_\_ State \_\_\_\_\_ Zip \_\_\_\_\_

Home Phone \_\_\_\_\_

Cell Phone \_\_\_\_\_

Email \_\_\_\_\_

Age \_\_\_\_\_ Grade in Fall '11 \_\_\_\_\_ School \_\_\_\_\_

Name of Parent or Guardian \_\_\_\_\_

T-shirt size  S  M  Large  X-large  Male  
 YS  YM  YLarge  Female

- Setters Camp, \$280** (Ages 13 - 18, grades 7 - 12)  
**July 11 - 15, 9:00am - 2:00pm**
- Defensive/Passing/Serving Camp, \$200**  
(Ages 13 - 18, grades 7 - 12)  
**July 11 - 13, 12:30pm - 4:00pm**
- Attacking/Blocking Camp, \$200** (Ages 13 - 18, grades 7 - 12)  
**July 13 - 15, 12:30pm - 4:00pm**
- Grassroots Camp, \$200** (Ages 6-12, grades 1-6)  
**August 1 - 4, 9:00am - 3:00pm**
- Individual Skills Camp, \$340** (Ages 13 - 18, grades 7 - 12)  
**August 1 - 4, 9:00am - 3:00pm**
- Advanced Skills Camp,** (Ages 15 -18, grades 9 - 12)  
 **\$390 (commuter)**  **\$490 (overnight)**  
**August 8 - 11, 9:00am - 9:00pm enrollment limited**

Daily schedules for each camp will be available online at: [www.theislandvolleyballacademy.com](http://www.theislandvolleyballacademy.com) in the 'Camps' tab

All campers must have a completed Geva Registration Form, Stony Brook Medical Form WITH DOCTOR'S STAMP and Stony Brook Assumption of Risk Form.

Payment:  **Check enclosed for \$** \_\_\_\_\_  
 **Credit Card**  **VISA**  **Mastercard**

**Please make checks payable to: Long Island Volleyball Academy Inc.**

Name \_\_\_\_\_

Credit Card Number \_\_\_\_\_

Date of Expiration \_\_\_\_\_

Signature \_\_\_\_\_

**\$100 non-refundable deposit required .**  
**All balances due in full by June 22, 2011**  
**Discounts and refunds available upon request**

**PAYMENT & REGISTRATION CAN BE SENT TO:**

**KELLIE BLOCK, C/O LIVA CAMP**  
**3733 EVANS CT, SEAFORD, NY 11783**