

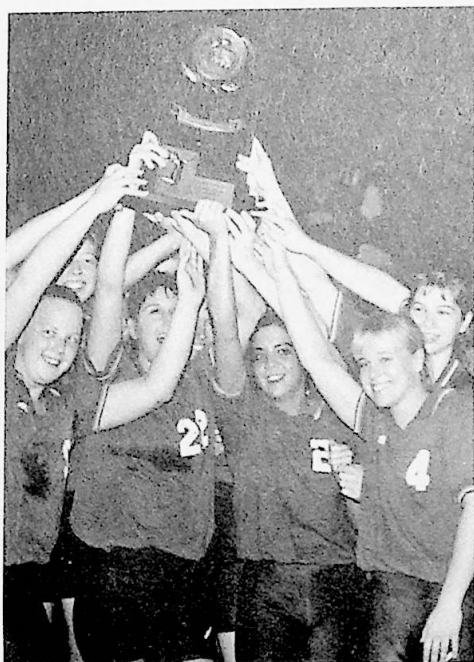
1995 Fighting Scot Championship Volleyball Camp

Two session camp series includes
individual and team training

Individual Skill Camp - July 23-25

Team Camp - July 25-28

For more information call (814) 732-2471
or (814) 734-2834



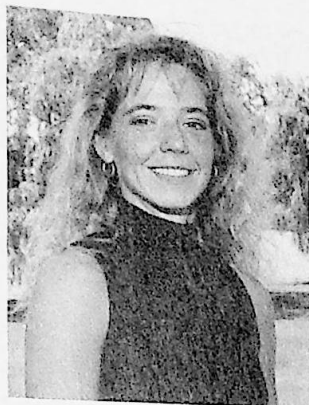
*EDINBORO FIGHTING SCOTS
PSAC CHAMPIONS*

1995 ATLANTIC REGIONAL CHAMPIONS

*NCAA II ELITE EIGHT TOURNAMENT
PARTICIPANTS*

Camp Director: Lynn Theehs
Edinboro University Coach

Lynn Theehs
Camp Director
Head Coach, Edinboro University



Fighting Scot head coach Lynn Theehs will direct the 1995 Championship Camp. In her first season at Edinboro, Theehs led the Scots to a 1994 PSAC Championship, Atlantic Regional Championship and first ever NCAA II Elite Eight tournament appearance. Four of her players were granted All-

Conference and All-Region honors. Theehs was named coach of the year in the PSAC Western Division. Prior to coming to Edinboro, Lynn served as assistant coach to the 1993 NCAA II National Championship team at Northern Michigan University. She started her collegiate coaching career as the head coach at the University of Wisconsin-Parkside, where she also played volleyball.

Camp Staff

Dan Hering will serve as assistant director of the camp. Dan served as assistant to the 1994 Fighting Scots. Dan has been the boys head coach at Maplewood High School since 1992. He has had experience coaching all levels of both men and women. Dan has also coordinated and directed various camps for the past three years. Dan graduated from Edinboro with a degree in education 1993.

The rest of the camp staff has been selected to encourage campers' growth both physically and mentally in an educational, fun and safe environment. Area coaches as well as top players will be assisting with camper development. Their energy, enthusiasm, experience and leadership are a valuable asset to the training of each individual.

Camp Philosophy

The Fighting Scot Volleyball Camp is geared toward growth of the individual and the team. In the first session, individuals will receive basic skill instruction in serving, receiving, setting, attacking, blocking and defense. Coaches will demonstrate how to improve skill in all six areas, regardless of present skill level. A great deal of individual attention will be provided during this session. The number of coaches will increase if needed, to accommodate the number of campers. Also, some work will be done with mental toughness training and basic motivational techniques. All instruction will be geared toward teaching athletes how to be their personal best.

In the second session the camp will be taken a step further and participants will learn how to apply skill training to team concepts. Basic team concepts such as serve receive formations, defensive alignment and offensive patterns will be taught. Special consideration will be given to the overall level of play of each team, and each team will receive attention focusing on their specific needs. Also, athletes will be given instruction in getting the most out of teammates how to achieve winning team attitudes. Teams will compete against teams of comparable level.

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Typical Day

8:00-9:00 a.m.	Breakfast
9:00-9:30 a.m.	Stretching/Conditioning
9:30 a.m.-Noon	On Court Instruction
Noon-2:00 p.m.	Lunch/Free Time
2:00-5:00 p.m.	On Court Instruction
5:00-6:30 p.m.	Dinner
6:30-7:30 p.m.	Lecture
7:30-9:30 p.m.	On Court Competition
9:30-11:00 p.m.	Organized Activity/ Free Time
11:00-11:30 p.m.	Curfew/Lights Out

Application Information

- To register, complete the form in this brochure.
- Mail \$50 non-refundable deposit with application.
- Balance of camp cost due at check in.
- Deposit must be made prior to June 15.
- Applications turned in after June 15 must include full payment.
- Applications turned in after July 1 must include full payment plus \$20 late fee.
- Individuals must be at least 12 years of age.
- Walk-ins the day of camp will be accepted ONLY if space is available and for a \$25 processing fee.
- A \$20 discount will be given to two or more campers from the same family.
- *Individuals* wishing to participate in the Team Camp will be place on a team for a \$25 fee.
- Camp packets will be mailed after June 15.
- Please include roommate request with application.

Cost Details

Individual Camp \$150 resident
\$110 commuter

Includes six sessions of individual skill development, t-shirt, full meals for residents, certificate for all campers, awards for outstanding campers and insurance.

Team Camp \$200* resident
\$170* commuter

Includes nine sessions of team development, t-shirt, full meals for residents, certificate for all campers, outstanding team awards and insurance.

Combined Camp \$300* resident
\$260* commuter

Includes 15+ sessions of individual and team development, t-shirt, full meals for residents, certificate, awards and insurance.

*Participants must register as a team of six or more. Individuals will be placed on a team for \$25. Coaches who would like to attend with team must make prior arrangements with camp director.

Registration

Name _____ Date of Birth _____

Address _____

Parent's Name _____ Work Phone _____

Home Phone _____

High School _____

Year of Graduation from High School _____

Roommate Preference _____

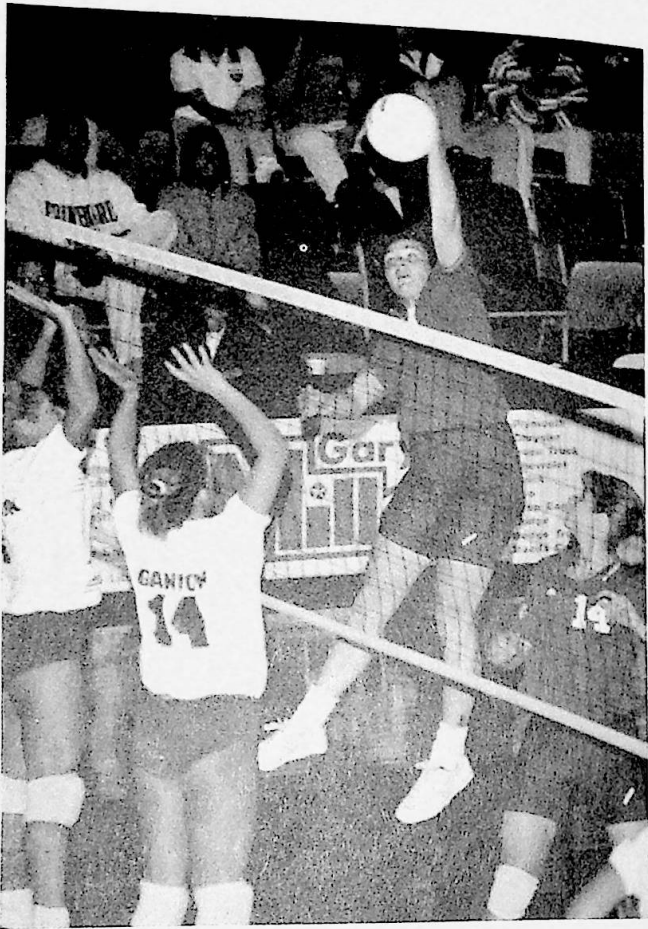
Estimated Skill Level: / / Beginner / / Intermediate / / Advanced

Camp Selection: _____ Individual Camp, July 23-25 _____ Team Camp, July 25-28 _____ Combined Camp, July 23-28

A \$50 non-refundable deposit must accompany application. Application and deposit due June 15. Balance due at registration. Applications sent in following June 15 must include full payment. Applications sent in following July 1 must include full payment plus \$20 late fee.

Parent's Statement:
I hereby give my permission for a qualified physician, athletic trainer or hospital emergency room to administer necessary care. I also understand that neither Edinboro University of Pennsylvania nor the director, nor anyone connected with the camp will assume any responsibility for accidents or any medical, dental or other expense incurred as a result of accidents sustained during camp.

Signature _____ Date _____



Registration

Individual Skill Camp and Combined Camp

When: Sunday, July 23
 Time: Noon-1:00 p.m.
 Where: McComb Fieldhouse lobby

Team Camp Only

When: Tuesday, July 25
 Time: Noon-1:00 p.m.
 Where: McComb Fieldhouse lobby

Parents are invited to attend both awards presentations at 11:30 on Tuesday, and 11:30 on Friday, at the conclusion of each camp.

Camp Highlights

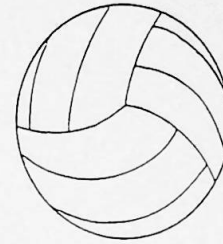
- 30+ hours of instruction/play (in combined camp)
- Video analysis
- Fundamental skill evaluation
- Individual attention
- Competitive/cooperative environment
- Tactical and mental training
- Growth/development oriented
- Daily off court activities
- T-shirt and award certificate to all participants
- Supervised extracurricular activities
- An equal amount of emphasis placed on the fun of the sport as well as skill development

Facilities and Location

The Fighting Scot Volleyball Camp fully uses Edinboro's McComb Fieldhouse, where the Fighting Scot volleyball team competes. There will be up to six courts in use, with overflow space available. Recreational facilities such as swimming pool, outdoor sand courts, tennis courts and other facilities will also be available.

Campers will be housed in University dorms supervised by coaching staff members. Meals will be served in Van Houten Dining Hall.

Edinboro University is located in a resort community only 18 miles from Erie and within 100 miles of the educational and cultural centers of Buffalo, Cleveland and Pittsburgh. Edinboro University is easily accessible from interstates 79, 80 and 90.



Championship Volleyball
 Don't Miss It!

Lynn Theehs
 Volleyball Office
 McComb Fieldhouse
 Edinboro University of Pennsylvania
 Edinboro, PA 16444