



Arkansas State Volleyball
 Indian Volleyball Camps
 P.O. Box 1000
 State University, AR 72467

Nine-Time Sun Belt Conference Champions
 1991 • 1992 • 1993 • 1994 • 1995 • 1996 • 1998 • 1999 • 2004

Indian Volleyball Camps

Individual Skills Camp/Young Warrior Camp

July 10-12

Jr. High Team Camp

July 19-21

High School Team Camp

July 26-28

High School Travel Camps

June-August 1st

Individual Skills &

Team Camp Itinerary

Day 1
 1-2pm check-in
 2-4pm session #1
 6:30-9pm session #2
 Day 2
 9-11:30am session #3
 1:30-4pm session #4
 6:30-9pm session #5
 Day 3
 9-11:30am session #6
 1:30-4pm session #7
 6:30-9pm session #8

Young Warrior

Camp Itinerary

Day 1
 1-4pm session #1
 Day 2
 9-Noon session #2,
 Day 3
 9-Noon session #3

2007 Indian Volleyball Camps

- Young Warrior Camp, July 10-12
- Individual Camp, July 10-12
- Jr. High Team Camp, July 19-21
- HS Team Camp, July 26-28

Registration Discount if postmarked by June 16th

- Young Warrior \$70 (\$40 deposit)
- Commuter \$130 (\$70 deposit)
- Resident \$200 (\$100 deposit)

Registration Fee if postmarked after June 16th

- Young Warrior \$75 (\$45 deposit)
- Commuter \$150 (\$70 deposit)
- Resident \$220 (\$100 deposit)

Camper's Name: _____ SSN (ASU request): _____

Parent/Legal Guardian: _____

Address: _____ City/State/Zip: _____

Phone: (_____) _____ E-Mail: _____

School: _____ Coach: _____ Coach's Phone: _____

Grade (in Fall): _____ Age: _____ Birthdate: _____ Height: _____ T-Shirt Size: YL S M L XL

By providing my (our) signature below, I (we) agree to the following:

I (we) understand that there are certain risks associated with the sport of volleyball, such as leg, eye, musculoskeletal and head injuries. I (we) represent my child is physically able to participate in the sport of volleyball. I (we) agree to assume all risks associated with participation in the Indian Volleyball Camps. I (we) request the following accommodation in order to be able to participate in the Indian Volleyball Camps:

In the event that my child should become injured or ill while participating in the Indian Volleyball Camps activities, I (we) hereby authorize camp personnel to act in my behalf and consent to any necessary medical examination, emergency services, diagnosis, treatment and-or care rendered to my child on the advice and under the supervision of any licensed physician or dentist.

I (we) understand that the Indian Volleyball Camps provides only an EXCESS Group Accident Insurance Policy, and that this is a secondary policy only. I (we) hereby assume all the financial responsibility for any injuries or illnesses that might be sustained while participating in the Indian Volleyball Camps.

Parent or Legal Guardian Signature: _____ Date: _____

Emergency Contact Person: _____ Phone: _____

Participant's Physician: _____ Phone: _____

Medical Allergies: _____

Special Medical Concerns: _____

ASU EMPLOYEE DISCOUNT

Dependents of ASU Employees receive a discount for the Indian Volleyball Camps. Please call the ASU Volleyball office at 972-2725 for more information.

RETURN APPLICATION WITH DEPOSIT OR PAYMENT TO:
 INDIAN VOLLEYBALL CAMPS, PO BOX 1000, STATE UNIVERSITY, AR 72467

ARKANSAS STATE VOLLEYBALL

Providing the best high-level fundamental volleyball instruction in the Mid-South region

Individual Skills Camp

July 10-12

The Indian Volleyball Individual Camp provides high-level instruction, in the surroundings of an experienced staff and a positive atmosphere. Campers will be grouped by age and skill level to ensure personal progress. Fundamental skills such as **setting, hitting, blocking, serve reception, individual defense, transitional attack, team offensive and defensive strategies, and serving** are just some of the many features of this camp.

Campers will experience the same cues and drills that helped in making the ASU Volleyball program successful. Skills will be reinforced through coach-entered and game-like drills, enabling the camper to learn and apply the skills correctly. The Indian Volleyball Individual Camp will help develop a competitive attitude and give each camper an edge.

Reserve your spot today! The Indian Volleyball Individual Camp has sold out the last six years!

Young Warrior Camp

July 10-12

The goal of the Young Warrior Volleyball Camp is to introduce young players to the great sport of volleyball in a fun-filled environment.

Coaches will work with campers to teach basic fundamentals such as passing, serving, hitting, team serve receive and team defense. Young Warriors will have a great time learning and playing the game of volleyball, in a setting geared to their skill level. The Young Warrior Camp fees include lunch on Tuesday and Wednesday.



Jr. High Team Camp

July 19-21

High School Team Camp

July 26-28



Lay the foundation for the future or knock off summer rust than the Indian Volleyball Team Camp! The Indian Volleyball team camp is great in that it builds team chemistry, works on team skills and allows the team to get a jump on the high school seasons competition. The team camp is specifically geared to develop various game-related team skills. The camp combines an hour and a half of drill work and an hour of scrimmage which enables the team to put their skills to use. Numerous teams that visited the Indian Volleyball Team Camp have made it to their state playoffs. We sold out our team spaces the last 4 years, so reserve your spot as soon as possible.

We ask that each team have a minimum of 9 players

Indian Volleyball Travel Camps

We now provide the structure, drills, and atmosphere of an ASU volleyball practice right in the comfort of your school gym. Even better, traveling camps lessen the cost of attending a residential team camp. Your team will receive individual attention from Head Coach Craig Cummings or multiple All-Sunbelt Conference player, now assistant, Jo Beth Mathis. Traveling Camps consist of a three-day camp, with two three-hour sessions per day. Availability is limited to the months of June, July and the first week of August.. Cost is \$75.00 per player with a minimum of twelve players.

Call (870) 972-2725 or (870) 972-3524

Individual Skills Camp - July 10-12

Open to girls grades 6 through 12

Young Warrior Camp - July 10-12

Open to boys and girls grades 3 through 6

Junior High Team Camp - July 19-21

minimum of 9 players required

High School Team Camp - July 26-28

minimum of 9 players required

HS Team Travel Camps - June-August 1st

minimum of 12 players required

Instruction

Top of the line instruction and coaching are provided at all times. Coaches include members of the Sun Belt Conference Champion Arkansas State Volleyball coaching staff, players, and volleyball program alumni. Instruction for the Individual and Team Camps will be provided at each of the eight sessions and for all five sessions of the Young Warrior Camp.

Resident Accommodations

Resident campers and coaches get to experience camp even after the sessions end. Campers can bond with coaches and one another while they are fully-supervised and housed at one of the Arkansas State University Student Dorms. Both the new cafeteria and the Convocation Center are in easy walking distance of the dorms. Campers will be under the supervision of the camp coaching staff, who will reside in the dormitory with the campers.

Medical Supervision

A trainer will be on duty at all times, and if needed medical attention is available in close proximity. Registration/Check-in

Individual and Team Camps Check-in will take place at the dorms at 1:00 p.m. on the first day of each camp. Information letters will notify you of the exact location. **Young Warrior Camp Check-in** will take place in the Yellow Entrance of the Convocation Center at 1:00 p.m. on Monday, July 10th.

Call (870) 972-2725 or (870) 972-3524

ASU Volleyball Program Head Coach Craig Cummings

Coach Craig Cummings enters his 12th season as the head coach of the Arkansas State Volleyball team. During his tenure, Coach Cummings has continued the tremendous tradition of excellence Arkansas State's Volleyball Program is recognized for.



- Posted Eight 20-win seasons of ASU Volleyball's 17 overall
- Led the Indians in 1999 to their fifth NCAA Championship appearance in the '90's
- Garnered ASU Volleyball's **Ninth** Sun Belt Conference Championship in 2004
- Three-time Sun Belt Conference Coach of the Year
- Established a eleven year record of 212-142 overall and 94-58 in Sun Belt Conference play
- ASU Volleyball has a home record of 101-29 in the Convocation Center and is 55-20 in Sun Belt play in the last eleven years.



"My goal is for each camper to learn and develop their skills in a fun, hard working, environment. Our coaches will instruct each camper with the same teaching cues we use for the fundamental skills, and review them so each camper can continue to use them long after camp."

- Coach Cummings