



EMERGENCY MEDICAL RELEASE

****Must be signed by a parent or guardian for all Morningside College camps and will cover either location.***

I hereby authorize the director of the Mustang volleyball camps to act for me according to their best judgment in any emergency requiring medical attention and I hereby waive and release Morningside College or any camp staff from any and all liability for any injuries or illnesses inferred while at the camps at either location (USA or MSIDE).

I understand the violation of camp rules may result in dismissal from the camp with all tuition forfeited.

Name of Athlete

Name of Policy Holder

Signature of Parent or Legal Guardian

Insurance Company

All players must turn in a Medical Release Form. Please make additional copies as needed.

Online Registration is also available at:

www.mustangvolleyballcamps.com



All payment is due in full in order to hold the athlete's spot in the camp.

Please make checks payable to:
Morningside College Volleyball

Complete and mail registration form along with appropriate funds to:

Morningside College
1501 Morningside Ave.
Sioux City, IA 51106

- * **ALL JUNE CAMPS** will be held at the United Sports Academy in North Sioux City (300 Centennial Dr. Ste. 200)
- * **ALL JULY CAMPS** will be held at the Allee Gymnasium in the Rosen Verdoorn Center (3415 Peters Ave.)

Check-in opens 15 minutes prior to the beginning of each camp.

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THIS MATERIAL NEITHER ENDORSED NOR SPONSORED BY THE SIOUX CITY COMMUNITY SCHOOL DISTRICT, SOUTH SIOUX CITY, HINTON, DAKOTA VALLEY, LE MARS COMMUNITY SCHOOLS, SERGEANT BLUFF-LUTON SCHOOLS, OR BISHOP HEELAN CATHOLIC SCHOOLS.



SUMMER CAMPS

JUNE / JULY 2019

VOLLEYBALL



Morningside College head volleyball coach **BETH DONNELLY** and staff have brought the program to new levels since taking over in 2015. Maintaining their place among the top half of the most competitive conference in the country, leading the Mustangs to the program's first ever sweet 16 appearance, 2 consecutive 20 win seasons, and again becoming a familiar face at the NAIA National Tournament 3 of her 4 seasons at the helm. In addition to the 13 years of college coaching experience, Donnelly has coached club at all ages and has also worked numerous volleyball camps throughout the country. She has pieced together her philosophy of the game from Gold Medal Squared, USAV, IMPACT, and a wealth of knowledge from her former coaches and experiences. Donnelly has a true passion for the game and wishes to share her skills with players of all ages.

Beth Donnelly
donnelye@morningside.edu
712-274-5317

1. POSITION CAMP

June 9th	\$50/camper
1-3 p.m.	Completed Grades 5-11
June 12th	\$50/camper
10-12noon	Completed Grades 5-11

(Same camp offered two separate days and times!)

In this camp, experienced coaches will help further develop the skills of setting, attacking, and defensive play. The camp caters to beginning setters/hitters/liberos and even the most experienced setters/hitters/liberos. Campers will be split into groups based on skill and/or age and each position their own courts. Ample individual attention and feedback will be given. All positions will come together to work within the context of live play in blocked drills.

2. OPEN GYM

June 9th	\$20/camper
4-6:30pm	1 season JV or Club Experience
June 12th	\$20/camper

We are offering a new "camp" this year, to give the kids what they REALLY want...to PLAY! After a brief warm up, campers will be split into groups based on skill and/or age. All courts will have a referee and we will play live. All the volleyball campers could want in 2.5 hours!

3. MINI MUSTANGS

June 10th & 11th	\$50/camper
10-12noon	Completed Grades K-4
July 16th & 17th	\$50/camper

(Offering two separate dates, times, AND locations!)

This camp is designed to introduce campers to the fundamental skills and knowledge of the game of volleyball in a high-energy way.

4. ALL SKILLS CAMP

June 10th & 11th	\$50/camper
1-3 p.m.	Completed Grades 5-11 July
16th & 17th	\$50/camper
10-12noon	Completed Grades 5-11

(Offering two separate dates, times, AND locations!)

The purpose of this camp is to improve the basic skills, latest techniques and strategies of volleyball. Fundamental skills will be taught within the context of drills and competitions. Campers will be split into groups based on skill and/or age.

REGISTRATION FORM

Check as applicable

- Enclosed is \$50 for POSITION CAMP**
 (9th at USA) (12th at USA)
- Enclosed is \$20 for OPEN GYM**
 (9th at USA) (12th at USA)
- Enclosed is \$50 for MINI MUSTANGS CAMP**
 (June at USA) (July at MSIDE)
- Enclosed is \$50 for SKILLS CAMP**
 (June at USA) (July at MSIDE)

T-SHIRT SIZE

- | | |
|----------------------------------|-----------------------------------|
| <input type="checkbox"/> Adult S | <input type="checkbox"/> Adult M |
| <input type="checkbox"/> Adult L | <input type="checkbox"/> Adult XL |
| <input type="checkbox"/> Yth S | <input type="checkbox"/> Yth M |
| <input type="checkbox"/> Yth L | |

Name of Camper

Position Grade Completed

School/District Athlete Attends

Address

City, State, ZIP

Emergency Phone Number

Email Address

****Club Experience?** Yes No