

# 2019 Clarion University Summer Camp Itinerary

## Individual Camp Itinerary

Please enter the REC CENTER through the back door facing the tennis courts

### **Sunday July 14th**

9:30 – 11:30pm Registration at Suites on Main South Lobby  
(Adjacent to parking lot behind Starbucks)  
12:00-1:00pm Speaker- Kathy Bresnahan- The Miracle Season

(Grab and go lunch in theatre lobby)

**\*All court and wave assignments will be listed on the wall in the lobby. Please arrive at the REC CENTER 15 minutes prior to your wave. Counselors will leave the suites/dining hall 25 minutes prior to each session.**

**\*Commuters between waves- Counselors from your court will make sure that you are accompanied before and after meals to a place where you can relax between sessions.**

### **Wave 1 Older Campers/Wave 2 Younger Campers**

#### **Wave 1**

1:45pm All campers in **WAVE 1** will meet on your designated court

**1:45pm ALL CAMPERS IN WAVE 2 DORM MEETING SOMS LOBBY/team building with counselors**

2:00pm – 4:00pm **WAVE 1 Session 1 (Passing & Ball Control)**

**3:30pm WAVE 2 Meet in SOMS Lobby to depart for Rec Center**

4:00pm – 6:00pm **WAVE 2 Session 1 (Passing & Ball Control)**

4:30pm – 7:00pm Dinner at Eagle Commons

5:30pm **WAVE 1 depart for Rec Center**

6:00pm – 7:30pm **WAVE 1 Session 2 (Serving & Hitting)**

7:30pm – 9:00pm **WAVE 2 Session 2 (Serving & Hitting)**

8:30pm **ALL CAMPERS IN WAVE 1 DORM MEETING SOMS LOBBY**

9:30pm Dorms

10:30pm Lights out

### **Monday July 15<sup>th</sup>**

7:00am – 8:30am Breakfast in Eagle Commons

8:30am – 10:30am **WAVE 1 Session 3 (Hitting Continued & Individual Defense)**

	Give teams 5 minutes to work on 6 v 6 tournament team names
10:00am	<b><u>WAVE 2 Meet in SOMS Lobby to depart for Rec Center</u></b>
10:30am – 12:30pm	<b>WAVE 2</b> Session 3 (Hitting Continued & Individual Defense)
11:00pm – 1:30pm	Lunch at Eagle Commons
1:00pm – 3:00pm	<b>WAVE 1</b> Session 4 (Blocking, Team Defense & Team offense)
2:30pm	<b><u>WAVE 2 Meet in SOMS Lobby to depart for Rec Center</u></b>
3:00pm – 5:00pm	<b>WAVE 2</b> Session 4 (Blocking, Team Defense & Team offense)
4:00pm – 6:15pm	Dinner at Eagle Commons
6:00pm	Open Gym (Team Warm-up)
6:45pm – 8:45pm	<b><u>WAVE 1 and WAVE 2</u></b> Session 5 (6 v 6 Mini-Tournament)
9:30pm	Dorms
10:30pm	Lights out

## **Tuesday July 17<sup>th</sup>**

7:00am – 8:30am	Breakfast in Eagle Commons
9:00am – 11:30am	<b><u>WAVE 1 and WAVE 2</u></b> Session 6 Team Practice/Competitive Wash Drill Tournament Warm-up (setter tutoring) (blocking warm-up) (partner arms/passing warm-up) Serve and Pass (by groups/timed) Hitting Warm-up (Beach/Positional) Exchange for control (2 groups/set a goal/timed) Exchange to kill (Round Robin Games to 7 win by 2) Avalanche (Round Robin 4 teams per court) Nev's Pepper (Round Robin 4 teams per court)
11:45am – 1:15pm	Lunch at Eagle Commons
1:20pm	Open Gym (warm-ups)
1:40pm – 4:00pm	<b><u>WAVE 1 and WAVE 2</u></b> Session 7 Team Tournament
4:00pm – 4:15pm	Wrap-up in Student Recreation Center Court 2
4:15pm – 5:15pm	Check out of dorms (counselors assist)

5:00pm – 6:30pm      Dinner for counselors & campers staying for July 18<sup>th</sup> Clinic

**Skills Clinics Itinerary**

Please enter the REC Center through the back door facing the tennis courts

**July 17<sup>th</sup> & 18<sup>th</sup>**

7:00am – 8:30am	Breakfast in Eagle Commons for counselors and campers who stayed over from the Individual Skills Camp
8:00am – 9:00am	Registration at Suites on Main South Lobby (Adjacent to parking lot behind Starbucks) – This includes commuters
9:30am	All campers meet in Student Recreation Center Court 2
9:45am	Introductions & Court Assignments
10:00am – 12:00pm	Session 1
12:00pm – 1:15pm	Lunch at Eagle Commons
1:30pm – 3:45pm	Session 2
3:45pm – 4:00pm	Clinic Wrap up and Check out for overnight campers who are not staying through the next clinic or team camp.
4:30pm – 6:00pm	Dinner at Eagle Commons for counselors and campers who are staying overnight to the second clinic or to Team Camp.

### **Team Camp Itinerary**

Please enter the REC Center through the back door facing the tennis courts

#### **Thursday July 18th**

6:00pm – 7:00pm Early Check in for Team Camp at Suites on Main South Lobby  
(Adjacent to parking lot behind Starbucks)

#### **Friday July 19th**

7:00am – 8:30am Breakfast for Counselors and campers staying overnight from clinics and early registration

7:00am – 9:00am Registration at Suites on Main South Lobby  
(Adjacent to parking lot behind Starbucks)

9:40am Introductions for Wave 1

10:00am – 11:30am Wave 1 (Passing & Ball Control)  
Introductions for Wave 2

11:30am – 1:00pm Wave 2 Repeat

11:30am – 12:45pm Wave 1 Lunch at Eagle Commons

1:00pm – 2:00pm Wave 2 Lunch at Eagle Commons

1:00pm – 3:00pm Wave 1 (Serving & Hitting)

3:00pm – 5:00pm Wave 2 Repeat

4:00pm – 5:20pm Wave 1 Dinner

5:00pm – 6:30pm Wave 2 Dinner

5:30pm – 7:00pm Wave 1 (Setting & Individual Defense)

7:00pm – 8:30pm Wave 2 Repeat

9:00pm Dorms

10:30pm Lights Out

**Saturday July 20th**

7:00am – 9:00am	Breakfast for all campers and counselors
8:15am – 10:15am	Wave 1 (Blocking & Team Defense)
10:15am – 12:15pm	Wave 2 Repeat
10:30am – 12:00pm	Wave 1 Lunch at Eagle Commons
12:15pm – 1:30pm	Wave 2 Lunch at Eagle Commons
<b>12:00pm</b>	<b>Team Demos (all counselors and teams on court 2 to demo)</b>
	<b>Video for Adopt a GE</b>
1:00pm – 2:45pm	Wave 1 (Team Offense)
2:45pm – 4:30pm	Wave 2 Repeat
4:00pm – 6:00pm	Dinner for all campers and counselors
5:00pm	Gyms open for warm-ups
6:00pm – 8:00pm	Begin Team Tournament (All Waves)
<b>9:00pm</b>	<b>Coaches Social SOMS Room 9A/B (Food and Drink Provided)</b>
9:00pm	Dorms
10:30pm	Lights Out

**Sunday July 21st**

7:00am – 9:00am	Breakfast for all campers and counselors
8:15am – 9:00am	Gyms open for team warm-up
9:00am – 11:00am	Team Tournament
11:00am – 1:00pm	Lunch and early check-out for teams
1:00pm – 3:00pm	Team Tournament
3:00pm- TBA	Single Elimination Bracket play begins
3:00pm – 6:00pm	Late check-out for teams