



# WARRIOR VOLLEYBALL CAMP 2009



**Girls Day Camp**  
**August 3– 7, 9:00 AM - 4:00 PM**  
 ages 13-17 (7th-12grade)  
**August 10 - 14, 9:00 AM - 4:00 PM**  
 ages 10-17



## Camp Staff:



**Raquel Sanchez** is a 2003 graduate of Nyack College where she was awarded All American NAIA. She graduated from North Rockland High School and won a New York State Championship title in 1996 and made First Team All State in 1998. Playing for The Raider Volleyball Club allowed her the opportunity to go to Nationals and travel the United States. Before she accepted the position as Coach of the Women's Volleyball team at Nyack College, Coach Sanchez coached at Tappan Zee High School for 4 years and led the Varsity Volleyball team to sections from 2005-2007. She continues to coach high school volleyball for Alpha Gamma where she is currently the program coordinator.

Coach Sanchez currently plays in leagues in the area and in June of 2008 she was extended an invitation to travel with a team to Nationals held in Atlanta, GA. They Placed First in the Co-ed Division and Raquel was awarded the All Tournament Team Award.

The Nyack College Volleyball team has won the CACC Team Sportsmanship award 6 years on a row and we are excited to coach and be a positive influence in the lives of volleyball players in our area.



## Tuition/Prices:

Day Camp—\$189/camper  
 Lunch included

Sibling Discount – \$155 for 2nd or more  
 Early Registration (by June 1) – \$175  
 \*No additional Sibling discount for early registration

## Eligibility:

Aug 3-7 ages 13-17 (7th-12grade)

Aug 10-14 ages 10-17

## What to bring:

All campers should bring a gym bag with volleyball shoes, two shirts, at least one pair of gym socks, knee-pads, towel, deodorant, spiral notebook and a pen.

## Typical Day at Camp:

\*8:00am: Gym opens for early arrivals

9:00am: Conditioning

10:00am: Skill Development

12:00pm: Lunch

1:00pm: Team Activity

1:30pm: Tactical Training

2:30pm: Team Competition

\*Day 1— 8:00 AM Late registration will be available



# WARRIOR CAMPS: CHAMPIONS ARE BUILT THROUGH CHARACTER AND HARD WORK

## Character through Warrior Sports Camps

The summer of 2009 provides the 26th session of Nyack College Warrior Sports Camps. Warrior Camps have placed an emphasis on the teaching of the fundamentals of the game and while emphasizing character development. Over 5,500 young men and women have benefited from Warrior Sports Camps at Nyack College.

## Camp Philosophy

Nyack College Warrior Camps seek to provide quality instruction in the fundamentals of offensive and defensive volleyball while providing an understanding and practical application of the sport. This is done within the context of Christian character development and sportsmanship.

For our statement of faith go to:

<http://www.nyack.edu/?page=FaithStatement>

## Facilities

**Bowman Memorial Gymnasium** was built in honor of Nyack Alumnus Harold Bowman and is the centerpiece of our basketball and volleyball programs. There is a brand new college-sized floor which provides a great venue for our camp.

**The Field House** enables students and athletes to play all court and field sports 12 months of the year.

This air conditioned facility allows athletes to participate and exercise indoors when relief is needed from the heat and sun in the "dog days" of summer.



## All Warrior Camps include:

Camp T-shirt

Camp Volleyball

Personalized Instruction

Awards Ceremony

College Player Appearances



## Registration Form

2009 WARRIOR VOLLEYBALL CAMP

First Name \_\_\_\_\_

Last Name \_\_\_\_\_

Address \_\_\_\_\_

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

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

Email Address \_\_\_\_\_

School \_\_\_\_\_

Coaches Name \_\_\_\_\_

Date of Birth \_\_\_\_\_ Grade (9/09) \_\_\_\_\_

Parent/Guardian Name \_\_\_\_\_

Please Check One (price is per camper):

Day Camper: \$189.00 (Includes Lunch) \$175.00 before June 1

Sibling discount rate: \$155.00\*

\*Please complete a separate application for each child and submit together.

8/3- 7 Day Camp Rate: \$189.00 (9am- 4:00pm)

8/10 - 14 Day Camp: \$189.00 (9am- 4:00pm)

Payment Method: (check one)

Check: make payable to "Nyack College Sports Camps"

Credit Card: Visa/Mastercard only

Exact Name on Card \_\_\_\_\_

Card# \_\_\_\_\_

Exp. Date \_\_\_\_\_ CID# \_\_\_\_\_

Amount to charge: \_\_\_\_\_

Cardholder's

Signature \_\_\_\_\_

Mail to: Nyack College Athletics  
Attn: Summer Camp 2009  
1 South Blvd.  
Nyack, NY 10960

## Parental Consent Form

All areas of this form must be completed prior to camp participation

Camper's Name \_\_\_\_\_

SS# \_\_\_\_\_

Allergic Reactions? (ie. Drugs, food, asthma)

Yes  No

If Yes, what kind? \_\_\_\_\_

In Case of Emergency:

Father's Name: \_\_\_\_\_

Father's Phone: (Cell #) \_\_\_\_\_

(Work #) \_\_\_\_\_

Mother's Name: \_\_\_\_\_

Mother's Phone (Cell #) \_\_\_\_\_

(Work #) \_\_\_\_\_

Emergency Contact # \_\_\_\_\_

Insurance Co. \_\_\_\_\_

Policy # \_\_\_\_\_

Name of Policy Holder \_\_\_\_\_

\*Other forms will be sent upon receipt of registration

**Please fill-out and send both the Registration Form and the Parental Consent form whether faxing or mailing.**

*Disclaimer: There will be a \$20 fee for any checks that are returned to Nyack for insufficient funds. Any cancellations will be refunded with a \$50.00 registration fee subtracted.*

**VISIT US ANYTIME AT: [www.nyack.edu/athletics](http://www.nyack.edu/athletics)**

**PHONE (845) 675-4590**

**FAX (845) 353-2147**



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