

CAMPS

Lil' Flames All Skills Camp - June 2 (9am-12noon) - \$50

Camp Description

This camp will cover the fundamentals as well as advanced techniques for the younger and beginner volleyball players.

Camp Information

- Designed for individuals entering grades 4-8
- Free tshirt for each participant and CSM team photo
- Lower volleyball nets for better success
- Meet and play with the Flames volleyball team

All Skills Camp - June 5-6 (9am-3pm) - \$150

Camp Description

This camp will cover the fundamentals as well as advanced techniques for all skills. Emphasis is on individual technique and integrating team concepts. Participants will be grouped according to age, experience, and skill level during instruction.

Camp Information

- Designed for individuals entering grades 9-12
- Free tshirt for each participant
- Meet and play with members of the CSM Volleyball team
- No meal provided-camper is to bring sack lunch

Specialty Camp - \$75 each session*

Camp Description

This camp will cover the fundamentals as well as advanced techniques for each skill. Our goal as a camp staff is to make you both a better skilled player as well as a smarter player.

Camp Information

- Setter - June 19 (9am-12noon)
- Middle Hitter - June 19 (9am-12noon)
- Outside Hitter - June 20 (9am-12noon)
- Libero - June 21 (9am-12noon)

- Designed for individuals entering grades 9-12
- Free tshirt for each participant
- Meet and play with the Flames volleyball team
- *Attend two specialty camps and receive a \$20 discount

CSM Recruit Camp - July 25-28 - \$375 (3 night/4 day)

Camp Description

Tired of your basic volleyball camp? Based on a day in the life of a collegiate volleyball player. Campers will be introduced and exposed to a top collegiate program. Conditioning, court play, strategy, and team chemistry will be a part of this camp agenda. Highly competitive camp for the *future* collegiate player.

Camp Information

- Designed for individuals entering grades 10-12
- Includes THREE tshirts for each participant and camp photo
- Meet and play with the Flames volleyball team
- Dorm Resident = Room and meals
- Check in July 25 at 5pm, check out July 28 at 2pm
- Check-in information will be mailed to campers by July 14 (see General Camp Information in brochure)

CSM
Flames
VOLLEYBALL

CSM VOLLEYBALL CAMPS 2006
7000 Mercy Road
Omaha, NE 68106

COLLEGE OF SAINT MARY VOLLEYBALL

2006 Camps & Clinics



REGISTRATION INFORMATION

Name

Address

City

State

Zip

Phone

Grade (fall of '06)

Email

Position

School

Tshirt size (circle one): YS YM S M L XL

Please Check the Camp(s) that you are attending:

____ Lil Flames All Skills Camp June 2 - Grades 4-8 (\$50)

____ All Skills Camp June 5-6 - Grades 9-12 (\$150)

Specialty Camps (\$75 each session or \$130 for two)

____ Setter June 19 - Grades 9-12

____ Middle Hitter June 19 - Grades 9-12

____ Outside Hitter June 20 - Grades 9-12

____ Libero June 21 - Grades 9-12

____ CSM Recruit Camp July 25-28 Grades 10-12 (\$375)

____ Full Payment Enclosed (includes \$30 non refundable deposit)

OR

____ \$30 Non refundable deposit enclosed

Full payment can be sent prior to the camp start date
or at the camp registration.

Checks made payable to:

College of Saint Mary Volleyball Attn: Trish Siedlik

7000 Mercy Road Omaha, NE 68106

402-399-2607

tsiedlik@csm.edu

I, the undersigned, as the parent of legal guardian of a minor
child, _____ hereby
acknowledge that the aforementioned child is covered by medical
insurance as follows:

Insured: _____

Company: _____

Policy Number: _____

It is further understood that the CSM Volleyball Camp does not
provide medical insurance for this camp. The undersigned hereby
releases College of Saint Mary and its staff from any and all
claims, demands and causes of action whatsoever in any way
growing out of or resulting from participation by the aforementioned
child in the CSM Volleyball Camp.

Parent or Legal Guardian Signature

CSM COACHING STAFF



Trish Siedlik, Head Coach

In four seasons Trish Siedlik has compiled 124 wins and only 18 losses. She has led the Flames to the National Tournament three of her four years and has continued the winning tradition in the MCAC with their 10th consecutive Regular Season Championship and their 11th consecutive Tournament Championship.

Named 2002, and 2003 MCAC Coach of the Year and 2003 and 2005 Regional Tournament Coach of the Year, Siedlik is in her 9th year of doing camps for the college.

CSM is one of the top teams in the NAIA and is considered one of the best technically sound programs as well. Siedlik puts this same energetic emphasis in her camps.

Amy McLaey, Assistant Coach

Amy will be a first year assistant with the CSM staff. McLaey was an outside hitter for the University of Nebraska at Omaha's volleyball team her Junior and Senior years where she was named Honorable mention, All-North Central Conference in 2003. She played at University of Nebraska her Sophomore year where she was a member of Nebraska's 2001 NCAA Final Four team. Her Freshman year she was a member of the Michigan State program. She graduated from Marian HS where she was a 1999 Volleyball Magazine High School All-American, a two-time first-team Omaha World-Herald all-state selection, a two-time Lincoln Journal Star Super-State honoree, and led Marian High School to a 44-1 record and the 1999 Class A state championship. She played club for Nebraska Juniors 18U in 2000 and River City 1997-1999.

Other CSM Camp Staff TBA.

Please contact Coach Siedlik if you are interested in:

CSM Volleyball 4x4 Grass Tournament-July 8

Age Divisions: 12U, 14U, 16U, 18U - \$15 per player.

Free Clinic to participants starting at 8am. Rules and regulations & captains meeting at 8:45am. Start time will be 9am weather permitting. \$15 per player, includes tshirt. Only 10 teams per division will be accepted.

Recruiting Seminar - July 30 or August 2 (5pm - 7pm) \$45

An overview for the recruited athlete. This family inviting session with Coach Siedlik covers all the FAQs of a college bound athlete.

Private Lessons

Private lessons upon request. All age levels and any skill. Staff members or CSM players are qualified coaches for this opportunity.

GENERAL CAMP INFORMATION

Facility

Lied Fitness was built in 1995 and continues to be the home of the Flames. Located on the north end of campus, the Lied Center accommodates two courts with plenty of room for play.

Camp Check In

Check in will be 30 minutes prior to the start of camp in the Lied Fitness Center for all camps except for the "CSM Recruit Camp" which will be held at the Dianne Seeman Resident Hall building located just south of the Lied Center.

Housing (Overnight campers)

Overnight campers will be housed in the air conditioned residence halls. Summer resident hall assistants will be on staff. Only 2 campers are allowed per room. There will be a \$30 charge for lost room keys. A "Parental Consent Form" for overnight campers only will be sent via email with your confirmation letter. This must be completed before the camper participates at a CSM Volleyball camp.

Camp Gear

All campers should bring appropriate volleyball attire (shoes, shorts, socks, kneepads, extra shirts, water bottle, etc). Bring extra money for any snacks or camp store items.

Insurance

All campers must carry their own insurance. While the staff will make every effort to prevent injury and accident, CSM Volleyball and College of Saint Mary will not be responsible for injuries sustained during camp. The parent consent form must be completed for participation in a CSM Volleyball camp.

Confirmation Letter with Camp Check-In Information

Each camper or parent will be sent a confirmation letter *via email* after the camper application, and payment is received. A Parental Consent Form will be needed to be completed by all overnight campers. This letter will contain all necessary camp check-in information, agenda, and a campus map. If you do not have access to email, please specify on application and a hard copy of the confirmation letter (and Parental Consent Form if overnight camper) will be sent to your home.