

**Rochester Institute of Technology**  
**Women's Volleyball**  
**51 Lomb Memorial Drive**  
**Rochester, N.Y. 14623**



Non-Profit Org.  
U.S. Postage  
**PAID**  
Rochester, NY  
Permit No. 626



## 2008 RIT Volleyball Camps

**RIT Tigers**  
**2007 - #3 Regional Ranking**  
**10th NCAA Tournament**  
**Appearance**

### **All-Skills Camp**

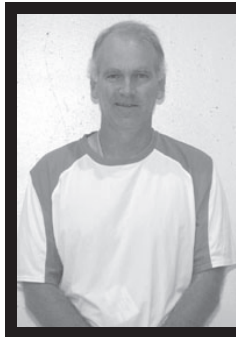
July 14-17

### **Libero Camp**

July 18-19

### **Setter-Hitter Camp**

July 21-24



### **Camp Director** **Roger Worsley**

In 2007, Roger Worsley completed his seventh season at the helm of the RIT Tigers Volleyball program. The Tiger's qualified for their 10th NCAA tournament finishing the season with

a 31-11 overall record, while Worsley became the all time wins leader in RIT Volleyball history, compiling a total record of 192-88. For the fifth straight year the Tigers were also honored as recipients of the AVCA Team Academic Award which requires a team cumulative GPA of 3.30. In 2007, Worsley was named the USA Men's Deaf National Team Coach and promptly led the USA to the Silver Medal at the Pan American Games in Venezuela this past August. He will next lead the team at the 2009 Deaflympic Games to be held in Taipei, Taiwan. Prior to his arrival at RIT, Worsley served as assistant coach at the University of Hawai'i for both the Women's and Men's nationally ranked programs. Coach Worsley holds a USA CAP II accreditation and has been involved with coaching club volleyball for over eighteen years, beginning with directing and coaching the Hayward Area Volleyball Club in California. While in Hawai'i, Worsley coached with the Oahu Volleyball Club. He currently coaches 16's with the Volley FX Volleyball Club in Rochester, NY.

### **Camp Staff:**

The camp is staffed by collegiate coaches, former and current members of the RIT Tigers Volleyball Team. We maintain a ratio of one staff member for every eight campers.



### **RIT Volleyball Camp Philosophy**

We strive to provide a great learning experience in a positive and fun environment. It is the objective of the Tiger Volleyball camp staff to stress fundamentals and teamwork within the concept of *good sportsmanship*. The primary emphasis on individual development helps to educate each camper on the key components to a successful and rewarding volleyball career.



## Camp Objectives



### All-Skills

The focus of the all-skills camp is to expose players to techniques critical to success at the high school level while maintaining a solid foundation of basic volleyball skills. Campers will be exposed to the six disciplines of volleyball including: HITTING, SETTING, SERVING, PASSING, BLOCKING, AND FLOOR DEFENSE. Campers will also be introduced to basic team systems that will help prepare them for their scholastic teams.

Each individual will be evaluated and placed in respective groups according to skill level. The camp provides low camper-to-coach ratio to maximize fun and learning.

### Setters/Hitters

The Setter/Hitter camp is designed for the advanced player looking to improve their skills and understanding of the game of volleyball. The Primary focus of the camp is to expose players to advanced setting and attacking techniques, critical to success at the high school level, and invaluable to student-athletes who aspire to play college volleyball.

The first portion of camp will help to cultivate the camper's abilities with fundamentals and repetition while the second half emphasizes individual skills within a team concept. This process enables each camper to establish a balance between individual skills and the structure of team play.

**Cost per Participant**  
**\$310.00/Residential**  
**\$245.00/Commuter**  
**\$125.00/Libero**

### Camp Schedule

<b>Day 1</b>	
8:30-10:30 a.m.	Register
10:30-12:30 p.m.	Skills Test
12:30-2:00 p.m.	Lunch
2:00-5:00 p.m.	Skills Session
5:00-6:30 p.m.	Dinner
6:30-9:00 p.m.	Skills Session
<b>Day 2 / Day 3</b>	
7:00-8:00 a.m.	Breakfast
8:30-11:00 a.m.	Skills Session
11:30-1:30 p.m.	Lunch/Swim
1:30-4:30 p.m.	Skills Session
5:00-6:30 p.m.	Dinner
6:30-9:00 p.m.	Skills Session
<b>Day 4</b>	
7:00-8:00 a.m.	Breakfast
8:30-11:00 a.m.	Team Play
11:00-1:30 p.m.	Lunch
* 1:30-4:00 p.m.	Team Play
* 4:00 p.m.	Awards

### Both camps feature the following amenities:

- |                                       |   |
|---------------------------------------|---|
| * <b>Certified Athletic Trainers</b>  | * <b>Room and Board</b>   |
| * <b>Technical Instruction</b>        | * <b>Secure Residential Facilities with spacious Dormitories. (bring your own linens)</b> |
| * <b>1 Coach for every 8 Campers!</b> | * <b>Excellent Food (all you can eat)</b>   |
| * <b>Swimming pool</b>                |   |

### What to Expect

- \* **New for 2008: Camp Store**
- \* **Fundamental Individual Skills**
- \* **Team Skills Instruction**
- \* **Setting, Hitting, Passing, Blocking and Serving Drills**
- \* **Grouped by Age and Ability**
- \* **Experienced Staff**
- \* **Maximal Competitive Play**
- \* **Camper Awards**
- \* **Written Personal Evaluation**
- \* **Workout & Improvement Plan**
- \* **Camp T-shirt**
- \* **Camp Volleyball**

### LIBERO Camp

#### All Age Groups

This camp provides two days of intensive, fundamental training for the Libero, emphasizing individual technical development, tactical principles, and "getting to every ball"!

Camp dates: July 18-19  
Camp runs 9:00 a.m.– 4:00 p.m.

# Camp Application

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

\_\_\_\_\_  
Street Address

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

\_\_\_\_\_  
Home Phone                      Birthdate

\_\_\_\_\_  
School in Sept. '08                      Grade

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

\_\_\_\_\_  
Position                      Experience (years)

\_\_\_\_\_  
T-Shirt Size

Roommate Preference

I would like to attend:

All Skills Camp (\$150 Deposit by June 15)

Setter/Hitter Camp (\$150 Deposit by June 15)

2 Day Libero Camp (\$50 Deposit by June 15)

\*A late fee of \$25.00 will be applied to deposits received after June 15.

Mail Application and Deposit to:  
RIT Women's Volleyball Office  
Coach Roger Worsley  
51 Lomb Memorial Drive  
Rochester, N.Y. 14623

**\* Deposits are non-refundable and should be made payable to: RIT Volleyball**