



## DINING

Campers dine in Dansbury Commons, the university student dining room. Nutritious all-you-can-eat meals are served, with salad and dessert bars.

## CAMP CARE SERVICES

Our ESU Summer Camp Care Staff are first aid and CPR/AED certified. Summer Camp Care Staff will provide routine first aid services to the participants during the hours that camp is in session and will refer medical emergencies and illnesses to the Lehigh Valley Health Network - Pocono, located one block from campus.

## MEDICAL INSURANCE

ESU does not provide individuals with medical insurance. Campers must provide their own medical insurance plans. ESU is not responsible for paying medical deductibles or hospital costs for any camper.

Register online at:  
[www.esu.edu/camps](http://www.esu.edu/camps)

# DAILY SCHEDULE

- 8:00 a.m. **Breakfast**
- 9:00 a.m. **Session 1**  
(Individual Skill Training)
- 11:30 a.m. **Lunch**
- 1:00 p.m. **Breakout Session**  
(Recruiting, Nutrition, Film)
- 2:00 p.m. **Session 2**  
(Position Specific Training)
- 4:30 p.m. **Dinner**
- 6:00 p.m. **Session 3**  
(Team Training)
- 8:00 p.m. **Camp Activity**  
(Swimming, Movie, Social)
- 10:00 p.m. **Campers in Rooms**

## KEVIN RODGERS

krodgers11@esu.edu  
973-634-5480

**East Stroudsburg University of Pennsylvania is located in the beautiful Pocono Mountains in East Stroudsburg, Pennsylvania. ESU is 90 minutes west of New York City and two hours north of Philadelphia. You may also find directions through our website at [www.esu.edu](http://www.esu.edu)**

East Stroudsburg University of Pennsylvania is committed to equal opportunity for its students, employees and applicants. The university is committed to providing equal educational and employment rights to all persons without regard to race, color, sex, religion, national origin, age, disability, sexual orientation, gender identity or veteran's status. Each member of the university community has a right to study and work in an environment free from any form of racial, ethnic, and sexual discrimination including sexual harassment, sexual violence and sexual assault. (Further information, including contact information, can be found on the university's website at [www.esu.edu/titleix](http://www.esu.edu/titleix).)

In accordance with federal and state laws, the university will not tolerate discrimination. This policy is placed in this document in accordance with state and federal laws including Titles VI and VII of the Civil Rights Act of 1964, Title IX of the Educational Amendments of 1972, Sections 503 and 504 of the Rehabilitation Act of 1973, the Americans with Disabilities Act of 1990, and the Civil Rights Act of 1991 as well as all applicable federal and state executive orders.



For more information, assistance or special accommodations, please call 570-422-3061.

EAST STROUDSBURG  
**WARRIORS**

Office of Conference Services  
200 Prospect St  
East Stroudsburg PA 18301-2999



EAST STROUDSBURG  
**WARRIORS**



**ESU**  
VOLLEYBALL

**2019 SUMMER CAMP**

JULY 19 - 21  
WARRIOR CAMP

JULY 29 - 31  
ELITE CAMP

[esu.edu/camps](http://esu.edu/camps)

# PHILOSOPHY

Our camps feature one of the best small-camp experiences in the country. Our goal is to help you take your game to the next level. We love volleyball and want to share our knowledge and enthusiasm with athletes like yourself. Your enjoyment and improvement is critical to us. We look forward to seeing you soon!

## GENERAL INFORMATION

- Beautiful camp setting in the Pocono Mountains
- THREE DAYS of learning and fun
- 6:1 camper to coach ratio
- Max 45 campers per session!
- ESU players stay in the dorms with campers
- All camps will incorporate general skills, position-specific drills and game play/competition.
- Breakout sessions will include goal setting, sports psychology, nutrition, conditioning and recruiting.
- Air-conditioned gym, cafeteria and residence halls
- All-you-can-eat meals at campus dining hall
- Daily swim time
- 24-hour on-campus police coverage
- Check In: 1-1:45 p.m. at Hemlock Hall
- Check Out: 4-4:45 p.m. at Hemlock Hall

# CAMP DIRECTOR



**KEVIN RODGERS**  
Volleyball Head Coach

- Has coached at NCAA Division I, II, and III schools
- Set his college's career kills record during the rally scoring era
- Coached ESU to its best record over a two-year span in almost 20 years
- Led ESU to PSAC Tournament during 2018 season - its first playoff appearance in a decade

## STAFF

- College Coaches
- ESU Volleyball Student-Athletes

### WARRIOR VOLLEYBALL CAMP

Camps are structured to meet the specific needs of a range of ages and abilities. All campers will be grouped by ability and challenged to take their game to the next level. Each camp will feature individual training, position specific training, team training and competition.

### WARRIOR CAMP: JULY 19 - 21

Junior High and High School athletes will have the opportunity to learn in a fun and supportive environment. They will be given an opportunity to work on the full range of basic skills. Their team drills will include learning the basics of team systems in serve receive, offense and defense. This camp will prepare athletes for confidence and success at upcoming team or club tryouts!

### ELITE CAMP: JULY 29 - 31

High-level varsity and club athletes will be offered a college-level intense training experience. Training will include position-specific sessions and advanced offensive and defensive team concepts. Game play will be highly competitive and fast paced. This experience will prepare athletes to excel at the high school varsity or club level.

# COST

Register online at: [www.esu.edu/camps](http://www.esu.edu/camps)

**OVERNIGHT: \$360/PLAYER**      **COMMUTER: \$290/PLAYER**

DISCOUNT\*:  
FAMILY: \$20 OFF TWO OR MORE SIBLINGS  
TEAM: \$20 OFF FIVE OR MORE TEAM MEMBERS

\*To receive the team discount, a coupon code MUST be included in your initial registration form. No discounts will be given thereafter. Please contact coach for codes. DISCOUNTS CANNOT BE COMBINED.

**Make Checks Payable to:**  
ESU WARRIOR VOLLEYBALL CAMP  
**Mail to:** Office of Conference Services,  
200 Prospect Street, E. Stroudsburg, PA 18301

## Deposit/Payment/Cancellations/Refunds

Please enclose a \$100 non-refundable deposit with all applications. Camp balance is due two weeks prior to the start of camp. Campers who leave during the course of the camp will receive a refund based on the number of days services were rendered.

All refund requests must be submitted in writing to the Office of Conference Services within 14 days of the last day of camp. No refunds will be issued to campers sent home for disciplinary reasons. No refunds will be issued after that time. Please allow six to eight weeks for processing of any refunds.

Medical documentation may be required for refund. Please send refund requests to [conferences@esu.edu](mailto:conferences@esu.edu) with the name of your child and camp they participated in.

ESU Warrior Sports Camps have contingency plans in the event of inclement weather, however, indoor practice facilities may be limited.

**KEVIN RODGERS**  
[krodgers11@esu.edu](mailto:krodgers11@esu.edu)  
973-634-5480

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# VOLLEYBALL

Please print clearly in ink.

CAMPER \_\_\_\_\_

ADDRESS \_\_\_\_\_

CITY/STATE/ZIP \_\_\_\_\_

HOME/CELL PHONE \_\_\_\_\_

EMERGENCY PHONE \_\_\_\_\_

EMAIL \_\_\_\_\_

GRADE ENTERING (FALL 2019)      AGE      DOB

SCHOOL/TEAM \_\_\_\_\_

COACH      POSITION

**SELECT CAMP(S):**  
 WARRIOR CAMP (7/19-21)       ELITE CAMP (7/29-31)  
 OVERNIGHT       OVERNIGHT  
 COMMUTER       COMMUTER

ROOM WITH: \_\_\_\_\_

**ADULT T-SHIRT SIZE: S M L XL**  
(please circle one)

**\$100 NON-REFUNDABLE DEPOSIT**  
MUST ACCOMPANY EACH REGISTRATION FORM

### Medical Insurance Information

COMPANY NAME \_\_\_\_\_

POLICY NUMBER \_\_\_\_\_

GROUP NUMBER \_\_\_\_\_

NAME OF PARENT/GUARDIAN \_\_\_\_\_

I hereby authorize the camp staff of East Stroudsburg University to act for my son/daughter in their best judgment in any emergency situation. I also authorize my son's/daughter's attendance in ESU's Warrior Sport Camp. I certify that he/she is in good health and is able to participate in all camp activities. I understand that the camp staff, first responders, and university will not be held responsible for any injuries that occur on the way to, during or on the way home from ESU.

PARENT/GUARDIAN SIGNATURE \_\_\_\_\_