

## CAMP APPLICATION

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

High School: \_\_\_\_\_

Grade Entering 2017: \_\_\_\_\_

Guardian's Name: \_\_\_\_\_

Address: \_\_\_\_\_  
\_\_\_\_\_

City: \_\_\_\_\_

State: \_\_\_\_\_ Zip: \_\_\_\_\_

Age: \_\_\_\_\_ Birthdate: \_\_\_\_\_

Contact Phone \_\_\_\_\_

Email: \_\_\_\_\_

Camper T-shirt Size: \_\_\_\_\_

### Check Desired Camps

- Plyo's/Hitters Combo (\$160)
- Defense Wins Championships (\$100)
- Serving & Let's Play Ball (\$125)

Make Checks Payable to Mississippi College Volleyball  
Payment Amount Enclosed:

Check: \_\_\_\_\_ or Cash: \_\_\_\_\_

Mail to:  
Mississippi College Volleyball  
Box 4049  
Clinton, Mississippi 39058

•• Walk-ins will be accepted for a \$10 service charge\*\*

## MEDICAL RELEASE APPROVAL

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

Past Health/Injuries: \_\_\_\_\_  
\_\_\_\_\_

Present Medications: \_\_\_\_\_  
\_\_\_\_\_

Drug Allergies: \_\_\_\_\_

Other Allergies: \_\_\_\_\_

Insurance Company: \_\_\_\_\_

Policy Number: \_\_\_\_\_

Policy Holder: \_\_\_\_\_

Group Number: \_\_\_\_\_

Insurance Company Address: \_\_\_\_\_  
\_\_\_\_\_

Insurance Company Phone Number: \_\_\_\_\_

I verify that my child has been checked by a licensed physician and is physically able to participate in the camp(s). I hereby agree that I will not hold Mississippi College, its' director(s), its' employees or its' contractors responsible for any loss, damages, or personal injury incurred as a result of participation. I hereby authorize the directors of the camps to act for my child according to their best judgement in an emergency requiring medical attention. I agree to allow my child to be treated by a licensed physician (if necessary) and I will assume all costs related to such treatment. I authorize my insurance company to pay benefits and I also authorize the disclosure of medical information to my insurance company for the purpose of the claim. I give my child permission to participate in the the volleyball camps offered by Mississippi College.

\_\_\_\_\_  
Parent/Guardian Signature

\_\_\_\_\_  
Date

# 2017

## MISSISSIPPI COLLEGE VOLLEYBALL CAMP



- PLYO'S/HITTING COMBO CAMP
- DEFENSE WINS CHAMPIONSHIPS
- SERVING & LET'S PLAY BALL

[WWW.GOCHOCTAWS.COM](http://WWW.GOCHOCTAWS.COM)

## PLYO'S/HITTERS COMBO

June 12-14  
9 a.m. - 11 a.m. | 1 p.m. - 4 p.m. • Grades 9-12  
Camp Cost: \$160

This camp will allow you to increase vertical, foot speed, core strength, power, and improve your jump. Learn the proper technique for all types of hitting and how to maximize vertical on offense. Understand hitting mechanics and utilize different shots and when and how to use them. Three days of morning and afternoon sessions open to grades 9-12 with previous playing experience required. Cost \$160 per athlete.

## DEFENSE WINS CHAMPIONSHIPS

June 29-30  
8 am - Noon • Grades 9-12  
Camp Cost: \$100

Learn perimeter, rotational, and “up” or “rover” defense and when to use them. Penetration blocking and setting a firm block will be stressed. Players will also learn how to read the attack and anticipate the developing play. Two day camp and open to grades 9-12 with minimal playing experience required. Cost \$100 per athlete.

## SERVING & LET'S PLAY BALL

July 10-12  
8 a.m. - Noon • Grades 9-12  
Camp Cost: \$125

Special emphasis on all types of serving techniques and controlled zone serving. Defense vs. offense will be stressed. High level game-like drills will be utilized to improve overall skills. Three day camp and open to grades 9-12. Cost \$125 per athlete.

## ITEMS NEEDED FOR CAMP

- Proper volleyball attire/gear
  - Shorts or spandex
  - knee pads
  - socks
  - closed-toed lace up shoes
  - ankle braces recommended but not required
  - t-shirts must have sleeves
- Water bottle with lid
  - water fountains/coolers available for re-fill

## SPECIAL FEATURES

- Camp t-shirt
- Direct training from college players and coaches
- Many repetitions to help perfect technique
- Availability to ask volleyball questions to players and coaches
- Plyos/Hitter's Camp will have access to university's weight room and directed by a certified strength and conditioning coach

## CAMP STAFF

- Julie Redus - Head Coach
- Holly Tupper - Graduate Assistant
- Michael Shumaker, MS, CSCCA - Assistant Athletic Director for Sports Performance
- Current Lady Choctaws

## HOW TO REGISTER

Campers are allowed to register by completing and returning the forms attached to this brochure or can register online at [www.mcvolleyballcamps.com](http://www.mcvolleyballcamps.com). Early registration is advised.

## HEAD COACH JULIE REDUS



Julie Redus begins her second season at the helm of the Mississippi College volleyball team.

Redus served as the interim head coach during the 2016 season and led the Lady Choctaws to their first 10-plus win season since 2012.

Under her tutelage, Madison Kimes and Kayana Mitchell ranked among the statistical

leaders in the Gulf South Conference. Kimes ranked eighth in digs while Mitchell finished her junior season ranked 10th in blocks.

The Glendale, Ariz., native is no stranger to the Lady Choctaws' program after serving the 2015 season with the squad as the assistant coach. Redus worked primarily with the Navy and Gold on the defensive side along with serve and receive.

Prior to last season in Clinton, Redus served two seasons as an assistant coach for the Arizona Desert Sky Volleyball Club 17-1's Arsenal. Prior to that she was the head coach of the Dynamite Volleyball Club in Sioux City from 2010 to 2012.

Redus was a two-sport, student-athlete at Briar Cliff University in Sioux City, Iowa, where she played volleyball and soccer. She received her Bachelor of Science in Sports Medicine and Psychology.

## NOTE FROM COACH REDUS

Our camps are to teach and to help perfect volleyball fundamentals in a Christian environment, regardless of a player's ability. Each athlete will have the opportunity to improve her individual skills and gain valuable experience in different types of play. We hope that all our campers have open minds to learning new things and to take advantage of current-college players' supervision. Volleyball is something that I do as a hobby not just as a career. I want to share my knowledge and love for the game with as many young athletes as I can. So pull up your knee pads and get your arms warm as my staff and I help propel your skill to the next level and hopefully add more love for the game!

- Coach Julie Redus