

Camp & clinic options

COACH ELLEN DEMPSEY

We come to you

- The camp and clinic staff will travel anywhere in the state of Ohio to meet your needs. Don't miss out on this opportunity to bring the experts to your gym!

Types of camps

- Four options for 1-3 day volleyball camps

Learn the Game

- Individual skills training
- Offensive and defensive systems
- Coaching and playing strategy

Get in shape

- Conditioning and agility drills specific to volleyball

Camp requirements

- A 20-player minimum is required to operate all camps and clinics. Facility set-up and registration will be handled by the organizing high school coach. All camp and clinic instruction will be performed by Coach Dempsey and her staff.

Registration procedure

- Fill out the application form and mail it with a \$250 deposit (U.S. funds, non-refundable) per camp at least 60 days prior to the start of camp to the address below. Please make checks payable to: **Ellen Dempsey**.

For more information
Hiram College Volleyball
P.O. Box 1777
Hiram, OH 44234
330.569.5350
www.hiram.edu/athletics



Hiram College Volleyball
Attn: Coach Ellen Dempsey
PO Box 1777
Hiram, OH 44234

Hiram

Coach Ellen Dempsey's
High School camps & clinics



Hiram College volleyball

We bring the camp
or clinic to your school!
SUMMER 2010



Coach Ellen Dempsey's 2010 camps & clinics



Camp & clinic options

Option 1

- Two-day, half day camp (9 a.m.-12 p.m. or 1 p.m.-4 p.m.)
- Fee: \$100 per camper

Option 2

- Three-day, full day camp (two sessions per day)
- Fee: \$125 per camper

Option 3

- Three-day, split session camp
- Varsity/IV split or junior high/high school split
- Fee: \$85 per camper

Option 4

- One-day, specialty skills clinic (two sessions)
- Clinic options: hitting, middle hitting, transition work, setting, defense, passing, and blocking.
- You decide what you want to emphasize!
- Fee: \$60 per camper

Disclaimer

- A 20-player minimum is required for all camps and clinics to operate on one court. Camp can run with fewer players, however the school will be responsible for paying the 20-player minimum.
- A 28-player minimum is required for two courts. Camp can run with fewer players, however the school will be responsible for paying the established player minimum per court.



Terrier volleyball

Under the direction of Head Coach Ellen Dempsey, the Hiram College volleyball program has quickly ascended into the upper echelon of the tradition-rich North Coast Athletic Conference. In each of the past eight seasons, Hiram has advanced to the North Coast Athletic Conference Championships.

Coach Dempsey

Hiram head coach Ellen Dempsey brings more than 28 years of coaching experience to the Hiram College volleyball camps & clinics.

In each of her nine seasons at Hiram, the Terriers have eclipsed the school record for victories, advanced to the championship match of the North Coast Athletic Conference Tournament, and earned Coach Dempsey NCAC Coach of the Year honors four times. (2001, 2003, 2005, 2009)

Additionally, 26 Terriers have earned post-season honors, including six All-Great Lakes Region honorees and three honorable mention Division III All-Americans.

Prior to coming to Hiram, Dempsey spent six successful seasons at Division I Ohio University, winning a school-record 86 matches from 1994-99. She also previously served as an assistant coach at the University of Maryland, where she helped guide the Terrapins to their first Atlantic Coast Conference Championship and NCAA Tournament appearance.

Outside the college ranks, Dempsey was an assistant coach for the south squad at the 1994 U.S. Olympic Sports Festival and was a court coach for the 1993 Junior National Team.

Coach Ellen Dempsey's Camps & Clinics

REGISTRATION

Name		
School name		
Coach		
Address		
City	State	Zip
Work phone		
Home phone		
Email		
Camp clinic option (Check one)		
<input type="checkbox"/> Option 1 <input type="checkbox"/> Option 2 <input type="checkbox"/> Option 3 <input type="checkbox"/> Option 4		
Coach's signature		



MEDICAL AUTHORIZATION DISCLAIMER

A medical disclaimer form will be sent to all camps to be filled out and signed by all participants' parents prior to the start of camp.

Please include a \$250, per camp deposit with completed registration form (checks payable to Ellen Dempsey)

Return completed form to:

Hiram College Volleyball
Attn: Coach Ellen Dempsey
P.O. Box 1777
Hiram, OH 44234