



Camp director and head coach

ELLEN DEMPSEY

Ellen Dempsey is the head volleyball coach at Hiram College. Coach Dempsey has built Hiram College volleyball into one of the most respected programs in the North Coast Athletic Conference. Heading into her tenth year at the helm, Coach Dempsey has posted a 200-90 record with nine playoff appearances in the NCAC. Coach Dempsey was named North Coast Athletic Conference Coach of the Year in 2001, 2003, 2005 and 2009. In the past five seasons Hiram has set school single-season records for victories and in 2006 Hiram College won its first-ever NCAC championship, advancing to the NCAA Division III tournament. Additionally, 26 Terriers have earned post-season honors, including six Great Lakes All-Region players, and three honorable mention All-Americans. In 27 seasons of collegiate coaching, Dempsey has a career record of 378-223.

Before coming to Hiram, Dempsey most recently served as the assistant to the director of athletics at the University of Maine in Orono. Prior to that she spent six seasons as head coach at Ohio University in Athens where she won a school record 86 matches from 1994-2000. Before her stint at Ohio University, Dempsey was an assistant coach at the University of Maryland from 1990-1993 where she helped the Terrapins claim the 1990 Atlantic Coast Conference Championship. Dempsey also headed the volleyball program at Southern Oregon State College (now Southern Oregon University) where she was named the 1989 National Association of Intercollegiate Athletics (NAIA) District II Coach of the Year. Dempsey began her career as the head coach at Lansing Community College (MI).

Coach Dempsey takes an active role in all camp activities. She has conducted camps and clinics throughout the United States as well as having coached with the U.S. Junior National and Olympic Sports Festival Program. The Hiram College volleyball camp is approved by the Ohio High School Athletic Association, the North Coast Athletic Conference and the National Collegiate Athletic Association.

In addition to coaching the volleyball team, Coach Dempsey is the senior women's administrator and the assistant athletic director at Hiram College.



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

Hiram

elite volleyball camp



Hiram College volleyball

For Girls Grades 6-12

July 28-30, 2010

forearm passing • offensive systems
advanced setting tactics • hitting
defensive systems • blocking • serving
individual defense



Hiram College volleyball 2010 elite camp



Camp highlights

The staff

Hiram College has one of the finest camp staffs in the nation. We take pride in our staff and we want you to learn from the best. The court coaches are current college coaches and former standout players from Hiram College, along with former college players from other universities.

Registration

Residents/commuter individual skills camp

- Date:** July 28-30, 2010
- Cost:** A. \$325 resident
B. \$250 commuter (3 sessions)
(Morning & afternoon individual skill instruction sessions, competition evening session. Includes lunch & dinner.)
C. \$200 commuter (2 sessions)
(Morning & afternoon individual skill instruction session. Includes lunch.)
- Check in:** Wednesday, July 28, 8-9 a.m.
Coleman Sports Center Lobby
- Pick up:** Friday, July 30, 9 p.m.
Coleman Sports Center lobby
- Deposits:** A \$50 non-refundable deposit is required for all resident and commuting campers.

The camp fee covers all expenses except the camper's individual spending money. Commuter fees include camper's lunch and dinner each day. The \$50 non-refundable deposit must accompany the registration form. The balance is due 30 days prior to the start of camp.

What to bring

Campers should bring volleyball shoes, fan, socks, knee pads, t-shirts, shorts, bathing suit, bedding linens or sleeping bag, pillow, towels and training supplies (tape, ace bandage, etc.).

Camp features

- daily competition
- 1:10 coach to camper ratio
- superior facilities (Coleman Sports Center)
- personalized instruction from Coach Dempsey and her staff
- free camp t-shirt
- camp store: volleyball accessories, t-shirts, volleyball blakets, shorts, and knee pads will be sold.

Daily instruction and drill in the following areas:

- forearm passing
- hitting
- individual defense
- advanced setting tactics
- serving
- setting
- blocking
- offensive systems
- defensive systems



Parents

Parents are invited and encouraged to attend all camp sessions, especially the final session and the awards ceremony. The awards ceremony will be held in the Coleman Sports Center at the conclusion of the evening session (9 p.m.) on Friday.

The daily schedule is flexible, with opportunity for the camper to rest, watch movies, swim or participate in individual instruction. Raquetball courts and weight rooms will not be available for campers' use due to liability issues.

For more information

Ellen Dempsey • Hiram College Volleyball
P.O. Box 1777 • Hiram, OH 44234
330.569.5350 • dempseyee@hiram.edu

Hiram College 2010 elite volleyball camp

REGISTRATION

Name		
Grade next year	Height	
Address		
City	State	Zip
School		
Residence phone	Cell phone	
Emergency phone		
Parent/guardian		
Parent email		
Individual camp	<input type="checkbox"/> resident <input type="checkbox"/> commuter (3 sessions) <input type="checkbox"/> commuter (2 sessions)	
T-Shirt size (check one) <input type="checkbox"/> S <input type="checkbox"/> M <input type="checkbox"/> L <input type="checkbox"/> XL		
Roomate request		

IMPORTANT: Make \$50 deposit check payable to:
Hiram College Volleyball

Send this registration form and deposit check to:
Ellen Dempsey
P.O. Box 1777
Hiram, OH 44234

AUTHORIZATION FOR MEDICAL TREATMENT OF MINOR

Name of minor: _____

I, _____, being the parent and legal guardian of the above named, do hereby certify that my daughter is in good health and may participate in all camp activities including swimming. I hereby appoint Ellen Dempsey, Hiram College volleyball camp director, to act on my behalf in authorizing medical attention. Camper will be responsible for medical costs. I also give Hiram College volleyball camp permission to use, at their discretion, any camp photos.

Insurance company or program _____

ID or contact # _____

Emergency phone # _____

Parents/guardian signature _____