



Clinic and Session Topics

- | | |
|---------------------|----------------------------|
| Sideout offense | Transition offense |
| Quick middle attack | Combination attacking |
| Defensive systems | Serving strategies |
| Blocking | Training individual skills |
| Setter training | |

Saturday Schedule

- | | |
|------------|--|
| 8:00–12:00 | First tournament play schedule |
| 12:00–1:00 | Lunch/Recreation and Coaches clinic session |
| 1:30–4:30 | Second tournament play schedule |
| 4:30–6:00 | Dinner/Recreation and Coaches clinic session |
| 6:00–10:00 | Third tournament play schedule |

✓ Things to Bring to Camp

- | | |
|--|---|
| <input type="checkbox"/> Shorts | <input type="checkbox"/> Snacks |
| <input type="checkbox"/> Socks | <input type="checkbox"/> Fan |
| <input type="checkbox"/> Sneakers | <input type="checkbox"/> Linens |
| <input type="checkbox"/> Water Bottle | <input type="checkbox"/> Sunscreen |
| <input type="checkbox"/> T-shirts
(bring extra) | <input type="checkbox"/> Swimming Gear
(including towel) |
| <input type="checkbox"/> Knee Pads | |

JUNIATA
COLLEGE
 1700 Moore Street
 Huntingdon, PA 16652



Women's Volleyball Team Camp

July 24–26, 2009



**Women's Volleyball
Team Camp &
Coaches Clinic**



Coach Heather Pavlik

Biography: After seven seasons as an assistant coach for the Eagle squad, Heather Pavlik has served as the associate head coach for the Juniata women's volleyball program since the start of the 2003 season. Now entering her 13th season with the program, she handles all aspects of the Eagle coaching but specializes in the offensive side of the Eagle attack.

Pavlik, a 1995 graduate of Juniata, was a setter for the Blue and Gold and was the team's most valuable player in 1992 and 1994. She was also a First team AVCA All-American from 1992-1994. She is a member of the Juniata College Sports Hall of Fame class of 2005, and was one of six players named to the NCAA Division III Women's Volleyball 25th Anniversary Team.

Since she joined the women's program as an assistant coach, Juniata has racked up 388 wins against only 48 losses, and claimed the program's two national championships. During her tenure the Eagles has captured 27 All-America honors. Her work with the team's setters has produced 5 All-Americans during that time, as well as a setter who was named Division III National Player of the Year.

During the winter/spring from 1998-2001, she was an assistant coach with the Juniata men's volleyball team. During her first year with the eagle men in 1998, Juniata won the Division III national championship and the Eastern Intercollegiate Volleyball Association Division III crown. In 1999, she help lead Juniata to its second straight EIVA Division III title and a fourth-place showing at the national tournament.

Coach Pavlik can be reached at:
pavlikh@juniata.edu.



Coach Larry Bock Biography: Bock is one of the most recognizable names in collegiate volleyball. His list of accomplishments and awards places him among the most successful volleyball coaches in the country at any level. Bock has been the head coach since Juniata began varsity competition in

1977, and is the all-time leader in NCAA volleyball at any level with a record of 1,182-182. He has been named the American Volleyball Coaches Association "National Coach of the Year" five times and "Regional Coach of the Year" nine times. Under Bock, the Eagles have won 28 consecutive conference championships, two NCAA National Championships and advanced to the NCAA quarterfinals for 28 straight years. The program also boasts 35 All-Americans, including 24 first-team choices and 4 NCAA National "Players of the Year".



Program: Join a national-level coaching staff for a competitive weekend of volleyball. The high school team camp helps teams improve their play with competitive matches. The largest part of the camp is devoted to tournament play, with a middle session on individual training and a Juniata team demo. The coaching clinic portion discusses individual training of skills, mental toughness training, and team training concepts. The weekend camp runs from 1 p.m. on Friday (with check-

in from 10-11:30 a.m.) through 5 p.m. Sunday. Coaches attend the camp and clinic at no charge!



Facilities: Few colleges have a more attractive campus than Juniata. The 100 acres on College Hill provide a magnificent atmosphere and safe environment. Campers are housed in one of the residence halls on campus and have access to all the amenities in the residence hall.

Additional facilities available include an indoor swimming pool, a fitness center and game room.



**2009 Juniata College Women's
Volleyball Team Summer Camp
Registration Form**

- Weekend Resident \$170 Weekend Commuter w/Meals \$155
 Weekend Commuter NO Meals \$130

*A \$25 non-refundable Deposit is due prior to camp to reserve a spot in the camp.

Name: _____
Address: _____
City: _____
State: _____ Zip: _____
Phone: (_____) _____
Cell Phone: (_____) _____
E-Mail: _____ Age: _____
Grade in September '09: _____
Emergency Phone Number: (_____) _____
School: _____
School Coach: _____
Roommate Preference (if applicable): _____
Special Needs: _____

Shirt Size (Circle one): Youth: L Adult: S M L XL

Signatures on this registration form signify each parent or guardian has read, understands and abides by this information. I release and discharge Juniata College, and workers and employees, from all action, suits and demands whatsoever in law or in equity, including, but not limited to, the risk of injury from participating in camp and the risk of loss of personal property by theft or otherwise. I give permission to workers and employees to treat injuries sustained in camp and to assist participants.

Parent's Name: _____
Parent's Signature: _____
Medical Insurance Carrier: _____
Policy Number: _____

Please submit registration and deposit a month prior to camp.

Mail Application Form and Check to:
**Juniata College
Conferences and Events
1700 Moore Street
Huntingdon, PA 16652**

**Please make
checks payable to
Juniata College.**

*Any questions regarding a camp should be directed to Conferences and Events at:
(814) 641-3604 or events@juniata.edu*

***Please make a copy of this registration form for each player on your team that may be interested in the camp or visit <http://www.juniata.edu/services/conferences> to print out additional forms or register online.**