SLIPPERY ROCK UNIVERSITY INDIVIDUAL VOLLEYBALL CAMP
JULY 7 - JULY 10, 2019

WELCOME PARTICIPANTS
The camp is geared toward girls in 6th - 12th grades.

LIMIT
Enrollment for the camp is capped at 144 participants.

COST
RESIDENT - $325 [Includes camp instruction, access to facilities, overnight accommodations, all meals, & a camp t-shirt]
COMMUTER - $300 [Includes camp instruction, access to facilities, lunch & dinner and a camp -shirt]
A non-refundable deposit of $50 is included in the registration fee.

Campers attending both the Individual Camp and the Team Camp will receive a $10 discount. The rebate will administered to you after the completion of the team volleyball camp and will be sent via SRU’s Office of Conference Services in the form of a check.

REGISTRATION
Visit www.sru.edu/camps under SRU Athletic Camps to register.
Due to the high demand for SRU Girls’ Individual Volleyball camp, payment in full will be required by credit card at time of registration.

INFORMATION
MEDICAL INFORMATION
SRU and the Slippery Rock University Foundation, Inc. do not provide medical insurance for campers. Athletes with special medical problems must notify the camp director. All participants who require medications must register those medications with the camp. SRU staff will not administer medications. Athletes must supply their own tape.

LOCATIONS
The camp will be conducted at SRU’s Aebersold Recreation Center and its air-conditioned wood courts in addition to the Morrow Field House facilities.

HOUSING
Guests will be housed in the double occupancy residential suites. Each suite is air-conditioned and includes a mini refrigerator and a microwave oven. Each suite features a private bathroom including a shower for every two beds. Campers will have the chance to request (1) roommate during the registration process. A camp chaperones and Resident Assistant will be on site during the duration of the camp.

WHAT TO BRING
Campers should bring an adequate supply of shorts, t-shirts, socks, toiletries, sweat clothes, towels, pillow(s) and linens for a single bed.
INSTRUCTORS

LAURIE LOKASH, CAMP DIRECTOR
One of the most decorated coaches in not only the Pennsylvania State Athletic Conference, but all of NCAA Division II; Lokash is in her 35th season in charge of the SRU volleyball program. Over her storied career Lokash has recorded 614 wins, which ranks first in PSAC history and 21st in NCAA Division II all-time. During her time at SRU, Lokash has led The Rock to at least 20 wins 13 times, 10 PSAC Tournament berths, eight NCAA Tournament bids, five PSAC West division championships and two PSAC Tournament titles all the while competing in one of the toughest volleyball conference in Division II. Lokash, who was inducted into the Pennsylvania Volleyball Coaches Association Hall of Fame in 2002, has been named the PSAC Coach of the Year on two occasions in 2006 and 1993.

SHERON WATSON
Watson is recognized as one of the most successful coaches in Pennsylvania volleyball history. While coaching at Norwin High School, she led the Knights to 12 PIAA championships and 15 WPIAL championships. She is widely known for her ability to develop a level of competence in the execution of volleyball skills.

JANET O’DELL
O’Dell formerly coached at The University of Pittsburgh at Greensburg and Hempfield High School. She is currently a certified USAV and PAVO volleyball official. She played collegiately at Clarion University.

PHIL PISANO
Pisano is currently the head men’s and women’s coach at Penn State Behrend in Erie. He served as an assistant to the women’s volleyball coach from 1998-2003 while an undergraduate at SRU. He was also the coach and president of the men’s volleyball club team at SRU for three years.

TAMMY SWEARINGEN
Swearingen is in her 25th year as the head coach at Westminster College. At Westminster, her teams have won more than 500 matches. She is a graduate of Youngstown State University.

J.R. MCFARLAND
McFarland is the former head coach at Wilmington High School in New Wilmington. He is known for his ability to develop quality student-athletes in a small-school setting. A number of his players were selected for All-State honors and many have had the opportunity to play volleyball at the collegiate level.

CURT CONSER
Conser is the former head coach at Geneva College and is currently is the director of Infinity Volleyball club in Salem, Ohio. He played collegiately at Eastern Mennonite College and is an avid beach volleyball player.

TONJA AYALA
Ayala is the current assistant coach at Grove City College. She is also a certified strength and conditioning specialist. She played
ERIN STREET
Street is currently the assistant volleyball coach at Slippery Rock University serving formally as the the head volleyball coach at Grove City College. Prior to that, she served six years as an assistant coach at SRU, where she was also a graduate assistant before being named to the staff. As an undergraduate, she was a setter at Wheeling Jesuit University.

RAE EL JOHNSON
Johnson is a teacher and coach at Kane High School. She played collegiately at SRU.

ALEE KROMER
Kromer is a teacher and coach in Fredericksburg, Virginia. She played collegiately at SRU.

HEATHER GOOD
Good is the current head coach at Punxsutawney High School. She played collegiately at Grove City College.

BRANDON LEWIS
Lewis is the assistant coach at Westminster College in New Wilmington. He played collegiately as a setter at Ohio State University.

BRAD ERNEY
Erney is a teacher and coach Broadway (Virginia) High School. As an undergraduate at SRU, he played on the men’s volleyball club team.

BROOKE MURACO
Muraco is a former setter at Penn State Behrend. She is currently teaching in the Pittsburgh area.

KAYLA MULL
Mull is the current head coach at West Liberty University. Prior to that, she was a graduate assistant at Wheeling Jesuit University. She played collegiately at The Rock.

LISA HILDEBRAND
Hildebrand is a former outside hitter for the Rock and is currently teaching and coaching in the Dayton, Ohio area. Lisa has been a Coach at the Rock Volleyball camps for over 15 years. Besides being an excellent teacher and coach of the game, she is also the “Camp Mom”. Lisa has always lent a helping hand to campers who may be experiencing feelings of apprehension since it may be their first time away from home.

MARY ANN STEPHENSON
Stephenson is currently assisting at Pitt Elite Volleyball Club. She played collegiately at Gannon University and Norwin High School.

JOE BORTAK
Bortak is the current head coach of Chatham University in Pittsburgh, PA. He played collegiately at Juniata College and was the former graduate assistant for the Westminster College Volleyball program.

RILEY SCHENK
After her collegiate experience on the Mount Union volleyball team, Schenk is currently acting as the graduate assistant at West Liberty University.

KRISTEN COLLINS
A former Juniata College volleyball player, Collins is the current graduate assistant at Slippery Rock University.

*All Slippery Rock University of Pennsylvania camp staff and volunteers are in compliance with FBI & Pennsylvania State Criminal History Background Checks and Child Abuse Protection of Minors requirements.*
# SAMPLE SCHEDULE

<table>
<thead>
<tr>
<th>First Day Schedule</th>
<th>Registration/Check-In</th>
<th>12:00pm - 2:00pm</th>
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<tbody>
<tr>
<td>Introductions/Skill Testing</td>
<td>2:30pm - 4:50pm</td>
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<tr>
<td>Dinner</td>
<td>5:00pm - 6:00pm</td>
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<tr>
<td>Skill Instruction</td>
<td>6:30pm - 9:30pm</td>
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</tbody>
</table>

<table>
<thead>
<tr>
<th>Week-Day Schedule</th>
<th>Breakfast</th>
<th>7:15am - 8:15am</th>
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<tbody>
<tr>
<td></td>
<td>Skill Instruction</td>
<td>8:30am - 11:30am</td>
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<tr>
<td></td>
<td>Lunch</td>
<td>11:45am - 1:00pm</td>
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<tr>
<td></td>
<td>Team Serve Receive</td>
<td>1:45pm - 4:30pm</td>
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<tr>
<td></td>
<td>Dinner</td>
<td>5:00pm - 6:00pm</td>
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<tr>
<td></td>
<td>Skill Instruction/Offense Drills</td>
<td>6:30pm - 9:30pm</td>
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Commuters should arrive promptly at 8:30 a.m for camp sessions and will depart between 9 – 9:30 p.m.

<table>
<thead>
<tr>
<th>Last Day Schedule</th>
<th>Breakfast</th>
<th>7:15am - 8:15am</th>
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<tbody>
<tr>
<td></td>
<td>First Round Tournament Play</td>
<td>8:30am - 11:00am</td>
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<tr>
<td></td>
<td>Team-Building</td>
<td>11:00am - 11:45am</td>
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<tr>
<td></td>
<td>Lunch</td>
<td>12:00pm - 1:00pm</td>
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<tr>
<td></td>
<td>Final Round Tournament Play</td>
<td>1:00pm - 4:00pm</td>
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<td></td>
<td>Camp End/Check-Out</td>
<td>4:00pm - 4:30pm</td>
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Participants remaining on campus for the SRU Team Camp will need to check out of their room and check into the assigned residence hall assigned to their team.