ABOUT THE CAMP

Under the direction of Laurie Lokash, Slippery Rock University women’s volleyball coach, Girl’s Team Volleyball Camp will provide attendees with instruction from top area high school and college coaches. The SRU volleyball coaching staff is committed to training athletes by providing each player with the opportunity to learn and enhance the fundamental skills of volleyball. We teach the game by providing quality instruction in conjunction with competitive opportunities. The objective of the camp, in addition to skill development, is to emphasize sportsmanship, teamwork and fun.

It is recommended that teams send seven to 10 players per team. If there are more than 12 players on a team, it is recommended that the team split into two squads. One coach per team is required and will attend the camp free of charge. Additional coaches may attend the camp for $92 per coach. If two teams come from the same school, two coaches may attend the camp at no cost. Coaches are required to attend the entire camp in order to coach their teams during competitive play and assist during tactical training.

COST AND REGISTRATION

WELCOME PARTICIPANTS

A team is defined as a minimum of seven players (preferably eight to 10) from the same school or club who can play all required positions. It is recommended that no more than 12 players comprise a team. Each team must be accompanied by a coach.

LIMIT

A maximum of 16 teams (high school varsity, junior varsity or club) will be accepted.

COST

RESIDENT - $210 [Includes camp instruction, access to facilities, overnight accommodations, all meals, and a camp t-shirt]
COMMUTER - $185 [Includes camp instruction, access to facilities, lunch & dinner, and a camp t-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 be 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

To register a team for the 2019 SRU Team Volleyball Camp, please contact Coach Lokash at laureen.lokash@sru.edu

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.

LOCATION

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 chaperone and Resident Assistant will be on site during the duration of the camp.
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

INFORMATION CONTINUED

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 (twin XL). Equipment should include: knee pads, court shoes, outside shoes for training sessions and a water bottle.

INFORMATION/QUESTIONS
For questions regarding volleyball camp content and equipment please contact the SRU Volleyball Office
Phone: 724.738.2817
E-mail: Coach Lokash at laureen.lokash@sru.edu

For questions regarding registration, payment or general camp logistics please contact the Office of Conference Services
Phone: 724.738.2027
E-mail: conferenceservices@sru.edu

SLIPPERY ROCK UNIVERSITY TEAM VOLLEYBALL CAMP
JULY 10 - JULY 12, 2019
INSTRUCTORS CONTINUED

collegiately at Virginia Commonwealth University.

ERIN STREET
Street is currently the assistant volleyball coach at Slippery Rock University serving formally as 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.*
# SLIPPERY ROCK UNIVERSITY TEAM VOLLEYBALL CAMP

**JULY 10 - JULY 12, 2019**

## SAMPLE SCHEDULE

<table>
<thead>
<tr>
<th>First Day Schedule</th>
<th>Registration/Check-In</th>
<th>2:00pm - 4:30pm</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td>Dinner</td>
<td>5:00pm - 6:00pm</td>
</tr>
<tr>
<td></td>
<td>Staff Intro/Rules/Team Play/Evaluations</td>
<td>6:30pm - 9:00pm</td>
</tr>
</tbody>
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<table>
<thead>
<tr>
<th>Full Day Schedule</th>
<th>Breakfast</th>
<th>7:15am - 8:15am</th>
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</thead>
<tbody>
<tr>
<td></td>
<td>Serve/Receive/Team Offense</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>Free-Ball/Transition Drills</td>
<td>1:30pm - 3:30pm</td>
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<tr>
<td></td>
<td>Team-Building</td>
<td>3:30pm - 4:45pm</td>
</tr>
<tr>
<td></td>
<td>Dinner</td>
<td>5:00pm - 6:00pm</td>
</tr>
<tr>
<td></td>
<td>Team Offense Drills</td>
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</tbody>
</table>

<table>
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<tr>
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<th>Breakfast</th>
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</thead>
<tbody>
<tr>
<td></td>
<td>First Round Tournament Play</td>
<td>8:30am - 11:30am</td>
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<tr>
<td></td>
<td>Lunch</td>
<td>11:30am - 1:00pm</td>
</tr>
<tr>
<td></td>
<td>Second Round Tournament Play</td>
<td>1:30pm - 4:30pm</td>
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<tr>
<td></td>
<td>Camp End/Check-Out</td>
<td>4:00pm - 4:30pm</td>
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