About the Camp

The Girls’ Volleyball Camp will be held July 10-14, 2016, under the direction of SRU Women’s Volleyball Coach, Laurie Lokash. In addition to Lokash, athletes will receive instruction from top high school and college coaches, and collegiate players. The camp is intended for girls in grades six through twelve. The camp offers a solid program that combines instruction on individual skills as well as team concepts while providing campers with an opportunity to train at their own level. The enrollment for the camp is limited to 160 athletes in order to provide a positive, quality experience for each camper.

Camp Philosophy
The Slippery Rock University coaching staff is committed to training athletes by providing each player with the opportunity to learn and enhance the fundamental skills of volleyball. We attempt to teach the game by providing quality instruction in conjunction with competitive opportunities. The main objectives of the camp, in addition to learning volleyball skills, are to emphasize sportsmanship, teamwork and good old-fashioned fun.

Cost & Registration

Cost
Resident: $325  Commuter: $300

Includes instruction, meals (commuter lunch and dinner provided), lodging, and a camp t-shirt.

Campers wishing to attend both the team camp and the instructional camp will receive a $10 rebate check at the end of the camp.

Non-Refundable Deposit
A non-refundable deposit of $50.00 is included in the registration fee.

Camp Check In
Sunday, July 10th from 12-2 p.m. at Building B on the SRU campus. The first session will start Sunday at 2:30 p.m. at the Aebersold Student Recreation Center (ARC). The last session will be held Thursday at 8:30-11:30 a.m.

Click to Register Now!
**Camp Director: Laurie Lokash**

Coach Lokash is in her 23rd year as head coach at SRU. Her teams have won more than 600 matches and have made several appearances at the NCAA championships. Coach Lokash’s teams have always been recognized for their aggressive defensive play. She has coached numerous all-conference players.

**Sharon Watson**

Sharon is recognized as one of the most successful coaches in Pennsylvania volleyball history. While coaching at Warwick 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. Coach Watson has helped numerous players gain college volleyball scholarships after graduating from her program.

**Phil Pisano**

Phil is currently the head men’s and women’s coach at Penn State Behrend College in Erie, Pennsylvania. He is a Slippery Rock University graduate who works with the women’s program for 5 years. As an undergraduate, Coach Pisano also played as a setter on the nationally ranked men’s volleyball team.

**Tammy Swearingen**

Tammy is the head coach at Westminster College. She has been the head coach there for 22 seasons and her teams have won more than 500 matches during that period of time. She is a graduate of Youngstown St. University.

**J.R. McFarland**

J.R. is the former head coach at Wilmington High School in New Wilmington, Pennsylvania. He was 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.

**Andrea Hoover**

Andrea is the head women’s volleyball coach at Virginia Wesleyan College in Virginia Beach, VA. She formerly worked as a graduate assistant volleyball coach at Marietta College in Ohio, and as the head girls coach at Northern High School in Maryland. As an undergraduate, Coach Hoover played at Slippery Rock University.

**Erin Street**

Erin is the head volleyball coach at Grove City College. She also was the assistant coach and graduate assistant of SRU for 8 years previous to her stint at GCC. Erin is a former setter on the Wheeling Jesuit Volleyball team.

**Lisa Hildebrand**

Lisa is a former standout outside hitter for Slippery Rock University. Hildebrand has been a constant member of SRU’s volleyball summer camp staff for the past 12 years.

**Kaylee Smith**

Kaylee is a former Rock standout as an OH and the current Rock assistant coach. She formerly coached at West Virginia Wesleyan University. Kaylee is a current club coach with Pitt Elite Volleyball and is a former coach and player at Munciana Volleyball Club.

**Gerry Vensel**

Gerry is the former head coach at Gannon University, and the current assistant at Penn State Behrend. While at Gannon, her teams advanced to the National Championships on numerous occasions. She played her undergraduate career at Edinboro University.

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**RAE EL JOHNSON**

Rae El is a teacher and coach at Kane High School. She played her undergraduate career as an OH/DS at the Rock.

**Janna Reilly**

Janna is the current graduate assistant at SRU. She played her undergraduate career at SRU as a setter for the Rock volleyball team.

**Alee Kromer**

Alee is a teacher and coach in Fredericksburg, Va. She played her undergraduate career at SRU as a DS/L.

**Heather Good**

Heather is the current head coach and teacher at Punxsutawney High School. She played her undergraduate career at Grove City College as a DS/L.

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**Staff Cont.**

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**Information**

**Location/Facilities**

The Acersburg Student Recreation Center, located on the campus of Slippery Rock University, with five air-conditioned wood courts is the site for this year’s camp.

**Medical Information**

SRU and the SRU Foundation Inc. do not provide medical insurance for campers. Athletes with special medical problems must notify the camp director; all medications must be registered. Athletes must supply their own tops except in the event of an emergency.

**Housing**

Guests will be housed in the residence 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. Registration fees are based on double occupancy.

**What to Bring**

Daily casual dress is necessary. Campers should bring an adequate supply of shorts, T-shirts, socks and toiletries for the camp. Also bring knee pads, court shoes, sweat suits, towels, pillow and linens (single bed).

**Commuter Info**

Daily sessions begin at 8:30 a.m. in either Morrow Field House or the Aebersold Student Recreation Center. (Depending on the group you are assigned.) Sessions end between 9 to 9:30 p.m. Sunday through Wednesday. Last session ends at 11:30 a.m. on Thursday.

**Questions?**

For more information contact Coach Laurie Lokash at 724.738.2817 or e-mail Laurenslokash@srue. edu OR contact the Office of Conference Services at 724.738.2027 or e-mail conferenceservices@ srue.edu

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**Schedule**

**Sunday**

12-2 p.m.  
3-5 p.m.  
6:30-9:30 p.m.  

Registration at Building B  
Introductions and testing at ARC  
Dinner  
Skill sessions

**Monday**

7:15-8:30 a.m.  
8:30-11:30 a.m.  
11:30 a.m.  
1:30-4 p.m.  
4:30-5:45 p.m.  
6:30-8:15 p.m.  
8:30-9:15 p.m.  

Breakfast  
Individual sessions (rotating) passing, setting, serving, hitting, blocking and individual defense  
Lunch  
Serve-Receive and freeball transition  
Dinner  
Defensive stations 4 on 4 Tournament

**Tuesday**

7:15-8:30 a.m.  
8:30-11:30 a.m.  
11:30 a.m.  
1:30-4 p.m.  
4:30-5:45 p.m.  
6:30-9 p.m.  

Breakfast  
Individual sessions (rotating) passing, setting, serving, hitting, blocking and individual defense  
Lunch  
Team defense - downball transition  
Dinner  
Defensive stations 4 on 4 Tournament

**Wednesday**

7:30-8:15 a.m.  
8:30-11:30 a.m.  
12 p.m.  
1:30-4 p.m.  
4:30-5:45 p.m.  
6:30-9 p.m.  

Breakfast  
Individual sessions (rotating) passing, setting, serving, hitting, blocking and individual defense  
Lunch  
Team drills - Meet at the ARC first  
Dinner  
Tournament (First Round)

**Thursday**

7:15-8:15 a.m.  
8-9 a.m.  
8:30-11:30 a.m.  

Breakfast  
Check out  
Tournament — ARC

**Campers attending both the individual and the team camp will need to check out of their room and check in to the Residence Hall used by the team camp.**