



Lehigh University Mountain Hawks Volleyball Camps 2009

April 23, 2009

Dear parents and (camper):

We have received your Lehigh Volleyball Camp application and payment for **High Intensity Camp on July 19th – July 22rd**. We are very excited you have chosen to attend our camps and look forward to a fun-filled, intense four days of improving your game! All campers are expected to attend all sessions and heed the University's rules of decorum. Misconduct may result in dismissal; flagrant misconduct WILL result in immediate dismissal from camp. *Parents, please be on time to pick up the commuter campers when camp ends.

REGISTRATION: Check-in for ALL campers will be 12:00pm-1:00pm on Lehigh's Asa Packer Campus at **Emery Residence Hall**. NOTE: Commuters: Please eat breakfast on your own every morning. You will be provided lunch and dinner Sun-Tue, and lunch only on Wed. **The entire camp will take place in TAYLOR GYM**. Taylor Gym Lobby will be where commuters are dropped off/picked up on Sun-Wed. **The entire camp will take place in Taylor Gymnasium due to necessary construction taking place at Grace Hall**.

KEY DEPOSIT: No deposit is required. However, actual cost to replace lost keys & access cards will be charged (\$20 for key & \$10 for access card) at Check-out if you do not return them. *Be sure you are credited for returning your key & access card.

HEALTH FORMS: The Health, Medical Release & Insurance Form is available on the web site. The Health, Medical Release & Insurance Form can be completed and returned **ASAP**. **All campers must have a signed Health, Medical Release & Insurance Form on file to participate.** If it is too close to the start of camp, then bring it with you to Check-in. We WILL have an on-site Athletic Trainer should any camper need immediate medical attention.

SCHEDULE: The Camp Itinerary is included in this mailing. **Parents of campers, please be sure to pick up the campers on time at Taylor Gym Lobby each evening. If you are having someone other than yourself to pick up your child, please be sure to inform our staff of this and put it in writing.**

CAMPER PARKING: Parking passes can be purchased at check-in; keys must be surrendered until the end of camp.

DIRECTIONS: See back of page. **Please keep all paperwork safely with you and bring to camp.**

NECESSARY ITEMS TO BRING: All campers should have plenty of t-shirts, athletic shorts, socks, volleyball or indoor court shoes and kneepads as well! Overnight campers should also bring sheets, pillow, blanket, alarm clock, towel and toiletries. Also remember it will be mid July so please bring a fan for your room!

See you soon!!!

Coach Jenny Maurer
Head Volleyball Coach
2007 Camp Director
610.758.6111 (o)
610. 657.1599 (c) ** Only to be used in case of emergency.

THE OVERNIGHT HIGH INTENSITY CAMP:

DIRECTIONS TO LEHIGH UNIVERSITY AND EMERY RESIDENCE HALL:

From the East: Take I-78 west to Hellertown (exit 21), turn right on 412 (north), continue to Bethlehem (about 4 miles), turn left on Taylor Street, continue up the hill and onto campus. You will reach an intersection w/a 4-way stop at Taylor Street & Asa Packer Ave. Continue straight up. As you head up take note that Taylor Gym is the second building on your left. Then take a left on University Drive and Emery will be the third building on your right. You should also see signs directing you to Emery Residence Hall.

From the West: Take I-78 east to Hellertown (exit 21) and follow the directions listed above.

From the North: Take 476 South to the Lehigh Valley Exit (33) follow signs for 78 East, take the Hellertown exit (21) and follow the directions listed above.

From the South: Take 476 north to Quakertown (exit 32), go east/left on 663, turn left on 309 (north), continue for about 8-10 minutes, bear right on 378. After you go over the hill, turn right at the second blinking yellow light (Summit Street), continue to the end of the street, turn left (Brodhead), go to the stop sign, turn right (Packer Ave.) Continue to Taylor Street (4-way stop), turn right, go up the hill. As you head up take note that Taylor Gym is the second building on your left. Continue as above.

Due to the numerous campus improvement around Lehigh University, please go to the link listed below for updated information on directions and safety issues.

<http://www3.lehigh.edu/about/maps/drivedirect.asp>

CAMP ITINERARY:

SUNDAY

12:00pm-1:00pm	Check-in at Emery Residence Hall for ALL campers.
9:00am-11:30am	Session I: Skill Demos w/ explanation; Technique break-down
11:30am - 1:00pm	Lunch
1:30pm - 4:00pm	Session II: Skill work; Combo drills
4:30pm - 6:30pm	Dinner/Break
6:30pm - 8:30pm	Competitions (Commuters dismissed @ 8:30pm)
8:30pm - 10:30pm	Free Time
10:30pm	Lights Out/Bed Check

MONDAY-TUESDAY:

7:30am - 8:30am	Breakfast
9:00am - 11:30am	Session I: Skill Demos w/ explanation; Technique break-down
11:30am - 1:00pm	Lunch
1:30pm - 4:00pm	Session II: Skill work; Combo drills
4:30pm - 6:30pm	Dinner/Break (Open swim 5:30-6:30pm)
6:30pm - 8:30pm	Competitions (Commuters dismissed @ 8:30pm)
8:30pm - 10:30pm	Free Time
10:30pm	Lights Out/Bed Check

LAST DAY:

7:30am - 8:30am	Breakfast
9:00am - 11:30am	Competition/Begin Tournament Play
11:30am - 1:00pm	Lunch
1:30pm - 4:00pm	Final Tournament Play; Awards
4:30pm – 5:30pm	Check out of Emery Residence Hall

On Monday, Tuesday, and Wednesday all commuter campers are to report by 12:45 pm to Taylor Gym. Pick up will also take place at Taylor Gym Lobby 8:30-9:00pm.