



## Lehigh University Mountain Hawks Volleyball Camps 2010

December 7, 2009

Dear parents (and camper):

We have received your Lehigh Volleyball Camp application and payment for **Junior Mountain Hawk Camp Grades 6-8 on July 12th – July 15th**. We are very excited you have chosen to attend our camp and look forward to a fun-filled, intense four days of VOLLEYBALL!!! The following information will help you come prepared on the first day, and should be read in its entirety. If you should have any remaining questions, please do not hesitate to contact our camp office at: [camps@lehigh.edu](mailto:camps@lehigh.edu) or 610.758.3589.

**REGISTRATION:** Check-in will be between 8:15am-9:00am on the first day ONLY. On Tuesday, Wednesday, and Thursday all campers are to report by 8:45 am to Grace Hall. Campers will check in at Lehigh's Asa Packer Campus in **Grace Hall**. Please be sure to eat breakfast prior to check-in, as well as prior to camp each morning!

**HEALTH FORMS:** The Health, Medical Release & Insurance Form is available on the web site at <http://www.lehighsports.com/info/camps/>. The Health, Medical Release & Insurance Form should be completed and returned **ASAP**. **All campers must have a signed Health, Medical Release & Insurance Form on file in order to participate.** If it is too close to the start of camp, bring the form with you to Check-in. We WILL have an on-sight Athletic Trainer should any camper need immediate medical attention.

**SCHEDULE:** The Camp Itinerary is included on the next page. All campers are expected to attend all sessions and heed the University's rules of decorum. Misconduct may result in dismissal. **Parents of campers, please be sure to pick up the campers on time at Grace Hall each evening. If you are having someone other than yourself pick up your child, please be sure to inform our staff of this and put it in writing.**

**DIRECTIONS:** See next page.

**NECESSARY ITEMS TO BRING:** Campers must supply their own lunch, EXCEPT on the last day when we will be providing the meal. Plenty of extra t-shirts, shorts, socks, volleyball or indoor court shoes and kneepads are also a must!

See you soon!!!

Coach Jenny Maurer  
Head Volleyball Coach  
2009 Camp Director  
610.758.6111 (o)  
610. 657.1599 (c) \*\* To be used in case of emergency ONLY.

## **THE JUNIOR MOUNTAIN HAWK CAMP:**

### **DIRECTIONS TO LEHIGH UNIVERSITY AND GRACE HALL:**

From the East: Take I-78 west to Hellertown (exit 67), turn right on 412 North, continue to Bethlehem (about 4 miles), turn left on Taylor Street and continue up the hill until you reach campus. You will reach an intersection w/a 4-way stop at Taylor Street & Asa Packer Ave. Continue straight up and Grace Hall is the third large building on your left.

From the West: Take I-78 east to Hellertown (exit 67) 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 (67) 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 mountain, turn right at the second blinking yellow light (Summit Street), continue to the end of the street, turn left on Brodhead, go to the stop sign, turn right on Packer Ave. Continue to Taylor Street (4-way stop), turn right, go up the hill. As you head up Grace Hall is the third large building on your left.

Due to the numerous campus improvements 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>

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### **CAMP ITINERARY:**

#### **Monday -Thursday, July 13th – July 16th:**

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|--------------------|---|
| 8:15 am – 9:00 am  | Registration/Check-in at Grace Hall                             |
| 9:00 am – 12:00 pm | Session I: Daily skill instruction; demos & drills              |
| 12:00 pm – 1:00 pm | Lunch   |
| 1:00 pm – 4:00 pm  | Session II: Stations; Combination skills & drills; Competitions |
| 4:00 pm – 5:00 pm  | Pick-up   |