



Lehigh University Mountain Hawks Volleyball Camps 2010

December 7, 2009

Dear parents (and camper):

We have received your Lehigh University Volleyball Camp application and payment for the **High Intensity Camp on July 18th – July 21st**. 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 or 610.758.3589.

REGISTRATION: Check-in for ALL campers will be July 19th between 12:00pm-1:00pm on Lehigh's Asa Packer Campus at **EMERY RESIDENCE HALL**. The entire camp will take place in Grace Hall. For the remainder of camp, **COMMUTERS** should be dropped off/picked up at the Grace Hall Lobby.

KEY DEPOSIT: No deposit is required. However, actual cost to replace lost keys & access cards will be (\$20 for key & \$10 for access card) charged 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 at <http://www.lehighsports.com/info/camps/>. 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, bring it with you to Check-in. We **WILL** have an on-sight Athletic Trainer should any camper require immediate medical attention.

SCHEDULE: The Camp Itinerary is included on the last page. 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. **NOTE: Full Commuters should eat breakfast on their own every morning. They will be provided dinner on Sun., lunch and dinner Mon-Tue, and lunch on Wed. Half Day Commuters will be provided lunch only each day. Parents of commuter campers: please be sure to pick up your camper(s) on time at the Grace Hall Lobby each evening. If you are having someone other than yourself pick up your daughter, please be sure to inform our staff of this and put it in writing.**

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

DIRECTIONS: See last page.

NECESSARY

ITEMS TO BRING: ALL CAMPERS should have plenty of t-shirts (that tuck in), athletic shorts/spandex, socks, volleyball or indoor court shoes, kneepads, and a swimsuit! RESIDENTIAL CAMPERS should also bring sheets/blanket, a pillow, alarm clock, a towel and toiletries. Also, remember it will be mid-July and the dorms are NOT air-conditioned. Please bring a fan, if possible. We will have a very limited supply of fans for campers who will be arriving by plane.

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.

2009 HIGH INTENSITY CAMP:

DIRECTIONS TO LEHIGH UNIVERSITY AND EMERY RESIDENCE 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 come to an intersection w/a 4-way stop at Taylor Street & Asa Packer Ave. Continue straight up. As you head up, take note that Grace Hall is the third large 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 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 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 Grace Hall is the third large 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
1:30pm - 4:00pm	Session I: Technique break-down
4:30pm - 6:30pm	Dinner Break
6:30pm - 8:30pm	Session II: Skills & Drills (Commuters dismissed @ 8:30pm)
8:30pm - 10:30pm	Return to Dorm/Shower/Free Time
10:30pm	Lights Out/Bed Check

MONDAY-TUESDAY:

7:30am - 8:30am	Breakfast
9:00am - 11:30am	Session I: Technique check-up; Station work
11:30am - 1:00pm	Lunch
1:30pm - 4:00pm	Session II: Combination drills; Station work
4:30pm - 6:30pm	Dinner (Open swim 6:00-6:30pm)
7:00pm - 8:30pm	Competitions/Grab-a-Coach (Commuters dismissed @ 8:30pm)
8:30pm - 10:30pm	Return to Dorm/Shower/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	Tournament Playoffs; Award Ceremony
4:30pm - 5:30pm	Check out of Emery Residence Hall

On Monday, Tuesday, and Wednesday all commuter campers are to report by 8:45 am to Grace Hall. Pick up will also take place at Grace Hall Lobby 8:30-9:00pm for Full Commuters and 4:00-4:30pm for Half Day Commuters.