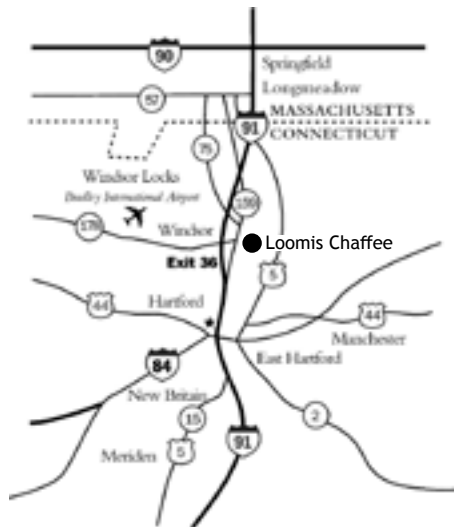




The Loomis Chaffee School located in beautiful, historic Windsor, offers athletes an ideal setting to improve their fundamental volleyball skills and have fun in an overnight camp experience.



CAMP HIGHLIGHTS

- 7 hours of daily instruction
- Instructor to Camper ratio - 1 : 8
- All coaches with either collegiate playing and/or coaching experience
- Players grouped by age and ability with some crossover
- Personal skill development, team play, and tournaments
- Personal written and video evaluation
- Evening activities
- Camp t-shirt
- Camp workbook
- State-of-the-art facilities including:
 - Air conditioned athletic facility
 - Dormitories next to the athletic facility and dining hall
- **New:** Team Camp

GENERAL INFORMATION

The Nutmeg Volleyball Camp program is carefully designed to create the best experience for each individual.

On the first day of camp the coaching staff goes through a skills assessment with every individual player (not team camp) and organizes groups based on a variety of variables. The goal is to challenge every individual while at the same time providing the most safe and fun environment.



SAMPLE DAILY SCHEDULE

Morning

7:00	Wake up, shower
7:45	Breakfast
9:00	Stretching/Warm up
9:15	Practice: pass/set/hit drills
10:30	Defense and team play

Afternoon

12:00	Lunch/Social time
1:30	New skill demonstration
1:45	Review skills/Begin scrimmage play
4:30	Pool time and social time

Evening

5:30	Dinner
6:45	Games
9:00	Evening activity
10:30	Lights out

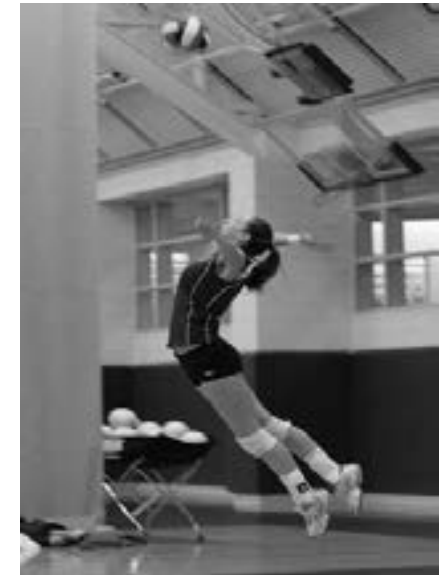
The entire camp follows a carefully planned curriculum with the intent that every individual will be exposed to every skill and move as quick as possible to game play. Nutmeg Volleyball prides itself on having a dedicated and caring coaching staff that ensures every player has the best experience possible both in terms of playing volleyball but also in a fun camp environment.

Team Camp

Each registered team will be assigned two coaches. Sessions will balance skill development with competitive play.

Nutmeg Volleyball Camp at Loomis Chaffee School includes top quality volleyball instruction and 24-hour supervision with the goal of providing a safe and fun volleyball experience.

Dormitory housing on campus and all meals are provided for overnight resident campers. Extended Day campers will have lunch and dinner provided.



CAMP DATES AND FEES

Session I: July 23 - 26 Resident or Day
Session II: July 27 - 30 Resident, Day or Teeam

Fee:

Resident: \$525
 Extended Day (9am - 9pm): \$425
 Team Camp: \$450 (minimum of 6 players registered)