

Schedule:

Day 1:

2pm Check in
 4:30 Session 1
 6:00 Activity
 9:00 Coaches Meeting
 10:00 Lights Out

Day 2:

9am Breakfast
 10:15 Session 1
 12:30 Lunch
 2:00 Session 2
 4:30 Session 3
 6:00 Activity
 9:00 Lights Out

Day 3:

9am Breakfast
 10:15 Session 1
 12:30 Awards Ceremony
 2:00 Checkout



Check In:

Check in will begin at 2pm on the first day of camp. Parents need to bring player to front door of gym where she can pick up a name tag, meal pass and room key.

Check Out:

Check out begins at 2pm on the last day of camp. Player must turn in room key and meal pass so that she can be checked out. Parents should pick up child before 4:30 pm.



For more information please visit us on the web at www.sarahloveless.com or (205) 410.3161



Junior Individual
 July 11-July 13
 Junior Team Building
 July 14-16
 Senior Individual
 July 17-19
 Senior Team Building
 July 20-22

Contact Us:

(205) 410.3161 office
 (205) 969.2850 fax
info@lovelessvolleyball.com

About Us:

Mission:

To sculpt each individual into the most effective player—valuing team, endurance, perseverance, athleticism and success.

Our Staff:

All coaches and assistants are the best of the country's teams ranging from All-Americans to Olympic medalists. We pride ourselves in finding a certain personal quality in each staff member that will shine on the court and off.

Our Facilities:

Thanks to many of the families at Briarwood Christian High School, our camp is located in the BCS gym. New rubber courts have been put in and the newest equipment made is available to players. Meals are provided by Chick-fil-a and the lunch staff at Briarwood.

Meet the Camp Director:

Sarah Loveless

Sarah was an All-American from Auburn who competed in the Olympics against



Brazil, Argentina and Canada. She's primarily a setter, but also an excellent libero when she's not serving aces to her competition. Her leadership abilities and desire for excellence make this camp an intense learning and working environment. Players will get a chance to work one-on-one with her during camp.

Camps:

Junior Individual:

Players will be divided up into different workstations: hit/block, set and passing according to their positions. On the last day everyone will be in the serving workstation. Each day will be devoted to skill drills and conditioning. (ages 13-15)

Junior Team:

Along with coaches, players will learn basic plays for their team's offense and defense. Team-building activities will occur each day as well as conditioning. Player will learn how to listen to teammates and play as an entity.

Senior Individual:

This camp is more advanced than the junior camp and will give players the opportunity to get more in-depth with their training. Practices are longer and more experienced coaches will be assigned to each player. (ages 16-18)

Senior Team:

Teams will learn trick plays as well as hone in on certain areas chosen by the coach to work on. Training and conditioning will be more intense, using special techniques and drills used by many of our All-Americans.



Registration Form:

Name:
 Address:
 City:
 State:
 ZIP:

I will be attending (circle one):

Junior Individual
 Junior Team
 Senior Individual
 Senior Team

Mail to:
 LVC
 c/o Sarah Loveless
 758 North Cherry Street
 Birmingham, AL 35428

Camp Costs:

Junior Individual.....\$55
 Junior Team.....\$65
 Senior Individual.....\$85
 Senior Team.....\$95

*Personal checks only please.

*Prices include housing, breakfast and lunch, personal volleyball, transportation to/from gym.