

### **Camp Registration Form**

Registration may also be filled out online at:

**[www.tritonvolleyballcamps.com](http://www.tritonvolleyballcamps.com)**

Name: \_\_\_\_\_

Birthdate: \_\_\_\_\_ Grade: \_\_\_\_\_

(entering)

Mailing Address: \_\_\_\_\_

City \_\_\_\_\_ State \_\_\_\_\_ Zip Code \_\_\_\_\_

Email Address: \_\_\_\_\_

Phone Number: \_\_\_\_\_

School: \_\_\_\_\_

T-Shirt Size: \_\_\_\_\_ Height: \_\_\_\_\_

Position(s) Played: \_\_\_\_\_

Parents' Name (s): \_\_\_\_\_

Phone Number (day): \_\_\_\_\_

Phone Number (night): \_\_\_\_\_

In Case of an Emergency contact:

Phone Number: \_\_\_\_\_

Insurance Policy: \_\_\_\_\_

Policy Number: \_\_\_\_\_

Camp Costs (Check appropriate box)

\*Payable to **Iowa Central Volleyball**

- Youth Camp 1 (June 12-14) ☐  
Grades 2-7- \$60
- Max Reps Ball Control (June 12-14) ☐  
Grades 8-12- \$75
- Youth Camp 2 (July 10-12) ☐  
Grades 2-7- \$60
- Individual Camp (July 10-12) ☐  
Grades 8-12- \$75



#### **General Information**

**The camps will be at Hodges Fieldhouse on the Iowa Central Community College Campus, located at One Triton Circle, Fort Dodge, Iowa.**



- The camp staff will be comprised of current Iowa Central coaches and players.
- Registration will begin 30 minutes prior to the start of the first day of each camp.
- Each camper will receive a camp ball
- Players should bring volleyball attire, shoes, knee-pads, water bottle, and a positive attitude!

#### **To sign up:**

Checks and Registration can be mailed to:

**Iowa Central Community College**

**Coach Sara Horn**

**One Triton Circle**

**Fort Dodge, Iowa 50501**

\*Make checks payable to: **Iowa Central Volleyball**

\*A \$20 deposit will be charged on all refunds.

Registration may be filled out and paid for online at:

**[www.tritonvolleyballcamps.com](http://www.tritonvolleyballcamps.com)**

If you have questions please contact Sara Horn at [horn\\_s@iowacentral.edu](mailto:horn_s@iowacentral.edu).

# **Iowa Central**



## **Community College 2017 Volleyball Camps**

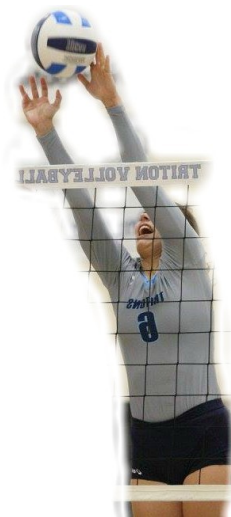
### 2017 Sessions

Youth Camp 1  
June 12th - 14th  
Grades 2-7  
9:30am-11:30am

Maximum Reps Ball Control Camp  
June 12th - 14th  
Grades 8-12  
1:30pm - 4pm

Youth Camp 2  
July 10th - 12th  
Grades 2-7  
9:30am - 11:30am

Individual Skills Camp  
July 10th - 12th  
Grades 8-12  
1:30 - 4pm



**Camp Director · Sara Horn**  
**Iowa Central Volleyball Head Coach**



Sara Horn is entering her 4th season as the head coach at Iowa Central. The 2015 season saw the young Tritons finish 2nd place in the ICCAC Conference and narrowly miss a return trip to the National Tournament with a 5th set loss in the Regional Finals. The Tritons finished with a 22-14 record. The Tritons return a large portion of their

2015 players and look to have a stellar 2016 season. Horn is a 2004 graduate of the University of Nebraska, where she was a three year letter winner for the Cornhuskers. While at Nebraska, Horn earned First-Team Academic All-Big 12 honors in 2002 and 2003 and was a Second-Team Academic All-Big 12 selection in 2001. She helped lead Nebraska to Big 12 championships in 2001 and 2002 and a NCAA Final Four appearance in 2001. As a senior, Horn ranked third in the Big 12 with an average of 1.26 blocks per game and was fifth in the league with a .317 hitting percentage.

**Camp Director · Alyssa Guarnaccia**  
**Iowa Central Volleyball Assistant Coach**



Alyssa Guarnaccia is entering her first season with the Triton Volleyball coaching staff. She has previously coached club levels from 5th grade to college level. Alyssa is from St. Johns, MI and has been playing volleyball since elementary school. She went on to play her first two years of volleyball at Muskegon Community College where she

set the career digs record and helped her team finish 1st and 2nd in conference, 2nd and 3rd in state, and 2nd in regionals both years. Her second two years at DII Saint Joseph's College (IN) where she led the team in digs both years

Alyssa graduated from Saint Joseph's College with a Bachelor's Degree in Business Administrations and recently received her MBA with a concentration in Marketing from the University of the Incarnate Word.

**Youth Camp 1**

June 12-14th  
Grades 2 -7 9:30am-11:30am  
Camper Fee: \$60



**Youth Camp 2**

July 10-12th  
Grades 2-7 9:30am-11:30am  
Camper Fee: \$60

The Youth Camps are designed to introduce and improve the skills of passing, setting, hitting, defense, serving, and blocking. Basic techniques will be introduced and will be taught within the framework of team play. Learn fundamentals and have fun with the current Triton players!

**Maximum Reps Ball Control Camp**

June 12-14th  
Grades 8-12 1:30-4pm  
Camper Fee: \$75

Volleyball is the ultimate team sport! Every contact you have determines the next person's ability to control the next contact. Ball handling and sending the ball where you want it to go is essential! Work on your control with this high repetition, high energy ball control camp. Every position in volleyball requires good ball control to be successful! Campers will work in small groups, as well as individually to get the most touches and improve the vital skill of ball handling. Campers will work on serving, passing, setting, attacking, and digging in this camp.

**Individual Skills Camp**

July 10-12th  
Grades 8-12 1:30-4pm  
Camper Fee: \$75

This camp is designed to teach players the latest volleyball skills and techniques. The camp's goal is to meet the needs of each individual camper. Players will be exposed to extensive coverage of the basic skills, drills, tactics, and offensive and defensive play.

**Waiver of Liability- -  
Return with Application**

In consideration of the acceptance of this application for registration, I, intending to be legally bound, hereby for myself, my heirs, executors, and administrations, waive and release any and all rights and claims for damages I may have against Iowa Central Community College or its representatives and/or assignees, for any and all damages which may be sustained and suffered by me in connection with my association with or entry in this camp, and which may arise out of my traveling to, participating in, or returning from the camp.

In the event that any illness or injury is incurred by the below named participant while at campus and an attempt is made to contact me but I cannot be reached, I hereby authorize the director and members of Iowa Central Community College's Volleyball Staff to act for me according to their best judgement in an emergency requiring medical attention. We also grant permission for the Iowa Central Community College Volleyball Camp to use photographs of our daughter for publicity, advertising, or other commercial purposes. This camp admits all qualified applicants without regard to race, color, religion, or nation origin.

On this \_\_\_\_ day of \_\_\_\_\_, 20\_\_\_\_.

Applicant's Signature:

\_\_\_\_\_

Parent or Guardian Signature:

\_\_\_\_\_

Cut Here