

Camp Registration Form

Registration may also be filled out online at:

www.tritonvolleyballcamps.com

Name: _____

Birthdate: _____ Grade: _____
(entering)

Mailing Address: _____

City _____ State _____ Zip Code _____

Email Address: _____

Phone Number: _____

School: _____

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**

- Libero Camp (June 4-6) ☐
Grades 7-12- \$75
- Setter Camp (June 4-6) ☐
Grades 7-12- \$75
- Setter and Libero Camps (June 4-6) ☐
Grades 7-12- \$130
- Youth Camp 1 (June 11-13) ☐
Grades 2-7- \$75
- Individual Camp 1 (June 11-13) ☐
Grades 8-12- \$90
- Youth Camp 2 (July 16-18) ☐
Grades 2-7- \$75
- Individual Camp (July 16-18) ☐
Grades 8-12- \$90



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

If you have questions please contact Sara Horn at
horn_s@iowacentral.edu.

Iowa Central Community College



2019 Volleyball Camps

2019 Sessions

Libero Camp
June 4-6th
Grades 7-12
5-7pm

Setter Camp
June 4-6th
Grades 7-12
6:30-8:30pm

Youth Camp 1
June 11th - 13th
Grades 2-7
9:30am-11:30am

Individual Skills Camp 1
June 11th -13th
Grades 8-12
1:30pm - 4pm

Youth Camp 2
July 16th - 18th
Grades 2-7
9:30am - 11:30am

Individual Skills Camp 2
July 16th - 18th
Grades 8-12
1:30 - 4pm



Camp Director · Sara Horn
Iowa Central Volleyball Head Coach



Sara Horn is entering her 7th season as the head coach at Iowa Central Community College.

The 2018 season saw the Tritons finish with a perfect 9-0 record in the ICCAC Conference, Region XI Runners-Up, and a #9 end of the season National

ranking. The Tritons finished with a 28-10 record.

Horn is a 2004 graduate of the University of Nebraska, where she was a three year letter winner for the Huskers. 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 2000, 2001, and 2002, NCAA Final Four appearances in 2000 and 2001, and was part of the 2000 undefeated National Championship team. 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 3rd 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.

Libero Camp

June 4-6th
Grades 7-12 5-7pm
Camper Fee: \$75



The Libero Camp is designed to improve and breakdown the skills of ball handling, passing, and defense. Drills will give campers many touches on the ball with some game-like situations included.

Setter Camp

June 4-6th
Grades 7-12 6:30-8:30pm
Camper Fee: \$75

The Setter Camp is designed to improve and breakdown the skills of setting. Handwork, footwork, set placement, and strategy will be covered over the course of the camp. Drills will give campers many touches on the ball with some game-like situations included.

Youth Camp 1 & 2

June 11th-13th & July 16th-18th
Grades 2-7 9:30-11:30am
Camper Fee: \$75

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!

Individual Skills Camp 1 & 2

June 11th-13th & July 16th-18th
Grades 8-12 1:30-4pm
Camper Fee: \$90

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:

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