

Registration Form

Make and Mail checks to: UGF Volleyball Camp
1301 20th Street South Great Falls, MT 59405

Name: _____

Address: _____

_____ Zip _____

Grade: _____ Age: _____ Phone: _____

School: _____

Email: _____

Shirt Size: (please circle)

Adult S M Lg XLg XXLg

I hereby authorize the staff of the University of Great Falls Volleyball Camp to act according to their best judgment in any emergency requiring medical attention. I, for myself and my child, hereby release and agree to hold harmless, the University of Great Falls, its employees, and the director and staff of the UGF Volleyball Camp of and from all liability, claims, or causes of action from the illness, injury or death of my child resulting from or incurred during my child's attendance at the school. I acknowledge that the University of Great Falls and the Volleyball Camp do not provide insurance of any kind for participants

Parent/Guardian: _____

Date: _____

Insurance Co. _____

Policy# _____

Please Circle Camp of Interest
(refunds will be given up until 1 week before camp)

UGF Girl's Volleyball Camp: Grades 1-8
Mon.- Wed. August 1-3, 2011 9:00 am- 3:00 pm
Registration = \$120, please submit by July 15th

UGF High School VB Camp: Grades 9-12
Thurs. - Sat. August 4-6, 2011 9:00 am- 3:00 pm
Registration = \$120, please submit by July 15th

UGF ARGO CAMPS
1301 20TH STREET SOUTH
GREAT FALLS, MT 59405



University of Great Falls Volleyball Camps

August 1st-3rd, 2011
Girl's Volleyball Camp
Grades 1-8
&

August 4th - 6th, 2011
High School VB Camp
Grades 9-12

Lady Argo Volleyball Camps Summer 2011

Daily prize giveaways for skill sessions, hard work,
and Argo Volleyball Trivia

Camp Director Arunas Duda



Coach Duda has been at the Head of the Argo Volleyball program for seven years now and has developed his group of players into one of the nation's elite teams. His Lady Argo Volleyball teams have won 2 conference championships in the past 5 years and he has

twice been named Frontier Conference Coach of the Year. The Lady Argo VB team has also been ranked as high as 19th in the country. This is coach Duda's twelfth straight year of running college volleyball camps. His goal for this year is to make camp fun, competitive, and exciting for both sessions.

Associate Camp Director Heather Johnson

Coach Heather Johnson is embarking on her first full season with the Lady Argos this fall. Heather had a remarkable playing career at Arkansas State and Boise State University. She received many accolades while at Boise State, including 2004 All-WAC honors and is the record holder for single season block percentage, blocks in a season, and career block percentage. Heather has also spent the last several years coaching both collegiately and at the club level. Starting in 2005, she coached club in the Idaho area for Club Idaho, Boise River, and Cougar Volleyball club. Since her return to Great Falls, Heather has already made an impact on Great Falls volleyball starting Montana Elite Juniors and coaching at UGF this past spring. Heather is excited about working with everyone at camp and can't wait for August!

UGF Girls Volleyball Camp 1-8

Your Argo Volleyball Camp is designed to provide instruction for all levels of play to develop beginning skills as well as prepare experienced players for more competitive play. Each camper will have the daily opportunity to learn from, play with, and get to know the 2011 Argo Women's Volleyball Players and Coaches. Campers will be given the opportunity to learn the skills and the mentality that helped the 2009 Lady Argos win the conference title. Campers will receive a T-shirt, camp photo and volleyball gear. **August 1-3rd**; 9:00 a.m. to 3:00 p.m. in the University of Great Falls McLaughlin Center. Fee: Registration = \$120, please submit by July 15th

UGF High School Camp 9-12

Your Argo Volleyball High School Camp is designed to provide instruction for high school athletes to prepare girls for their high school seasons as well as train experienced players for elite competition. Each day will include position specific training for outside hitters, middle blockers, setters, & liberos as well as high competition team drills. Campers will be given the opportunity to learn the skills and the correct mentality that helped the 2009 Lady Argos win the conference title. Campers will receive a T-shirt, camp photo and volleyball gear. **August 4-6th**; 9:00 a.m. to 3:00 p.m. in the University of Great Falls McLaughlin Center. Fee: Registration = \$120, please submit by July 15th

A Typical Day at Camp

9:00 Check In
9:15 Warm-up/Stretch
9:30 Break up into skill positions
(OH, MB, S, L)
10:00 Skill Drills in position groups
10:45 Game Drills focusing on new skills
11:30 Lunch
(campers should bring their own lunch)
12:30 New Skill Introduction/Drills
1:30 Practice Skills in Team Drills
2:00 Team Drills
3:00 Camp Day Ends

Camp Includes:
UGF Volleyball Gear
Camp T-shirt



INFORMATION or QUESTIONS

Contact:
Coach Arunas Duda at
(406) 791-5922
or email aduda01@ugf.edu

Camps do fill up, so get your registration in as soon as possible!!!