

KARYN ALTMAN – MASSPIKE CAMP DIRECTOR

Email: masspikevolleyball@comcast.net

Website: www.masspikevolleball.com

Home: 978-250-0640 Cell # during camp only 978- 430-0309

Fax: 978-349-7777 Address: 177 Old Westford Rd Chelmsford, MA 01824

ADDITIONAL TRAINING SESSIONS Check the website occasionally to see if we've added any sessions. In addition to camps the following training is offered in Chelmsford throughout the summer. (some during the year)

- Private lessons - \$50/hour Semi-privates - \$70/hour 3 players = \$90/hour 4 players = \$100/hour
- Small group clinics – focused on one or two skills – 1-4 sessions (schedule will be on website in late May)
- Team or small group training (4-12 players) – put your own group together, select the days, the hours, based on availability and your schedule. You can choose the focus of the sessions or have it planned for you.

Call Karyn at 978-250-0640 for more details or to reserve some time over the summer.

AIR CONDITIONING – Only the gym at the RAC has air conditioning, as does the lunch room at Brandeis. The other gyms can get warm when the outdoor temperatures are high. If it is really hot during the camp week, we will take frequent breaks, to get hydrated and to rest.

BEGINNERS (Level 0): I want to send a special note to players that signed up for the Beginner section. For some players, the thought of going to volleyball camp for the first time, possibly by yourself, seems intimidating. Please don't worry. Our assumption is that you've never played this sport competitively. We will **not** skill test the beginners, although we may give more advanced beginners the opportunity to move at a quicker pace after the first day. Some players come with friends; some players come by themselves. Don't worry about that either. By the time the first session is over, you will have met some great people (coaches and players). By the end of the week, you'll have some new friends. The beginner groups are coed. Historically there are many more girls than boys. If this is an issue for you, please call me to discuss the way coed courts are handled.

CAMP and SEASON PREPARATION - MENTAL AND PHYSICAL Why are you coming to camp? For some of you, it's something to do over the summer, something that's fun and physical and that's a great reason. Don't feel obligated to make it any more than that – volleyball is fun!! For another group, you just want to know if volleyball is the sport for you. The Beginner section was created just for that reason. Bring your energy, enthusiasm, and willingness to learn and you will definitely enjoy the week. No other preparation is necessary.

For others, and I suspect many of you, this is one part of your plan to be a stronger player for next year – to have a better shot at making/starting on a particular team, or to strengthen your next season's team by improving your play. There is no right or wrong reason to come to camp. We'll be here to teach you, but your reasons why (your motivation) will determine what you put into camp and what you will get out of it. You will get more skill improvement out of camp if you mentally and physically prepare for it.

On this same webpage, I've posted 2 handouts "Getting Motivated – Have a Plan" and "Training Suggestions (Physical and Mental)" for those that are motivated to reach a specific goal for next season. Read those handouts. **Preparation is not mandatory, just suggested, especially if you are trying out for high school volleyball in the future.** Use these handouts as a guide to motivate you into action. Keep a written record of your plans and accomplishments. **If you are just a BEGINNER, your main goal may be to learn about volleyball and have fun,** but you can create goals that have to do with your own physical and mental conditioning, if you wish. Remember – this is optional – but highly worth the effort if you are determined to achieve!

CANCELLATION POLICY – As stated in the brochure and confirmation email, if I am notified in writing before June 1, application fees minus the nonrefundable \$75/session will be returned. After June 1, even for legitimate medical reason, before or during camp, there are no fees returned. I have committed finances to the staff, the gym, the equipment by this point. Just like travel insurance, you can purchase camp cancellation insurance at www.mycampprotector.com They are associated with My Summer Camps. For camps under \$500, is it \$25 to insure your week for medical reasons and family emergencies. It's more if you want to be able to cancel for any reason. Insurance has to be purchased within 30 days of camp registration. I suggest you check out the site and see what you think. (the only exceptions to this policy are for those that have made a special agreements with the director before their registration was finalized)

CARPOOLING - I have collected a list of parents who are willing to carpool or give out their emails for carpool purposes. (you checked a box on the application) Contact me if you want to get emails of others in your area or you want to be added to the list. Only half of you gave permission to give out contact info.

CHECK IN – FIRST DAY OF CAMP – Unless we contact you, please come in to register at the time listed on your Session Chart of your email confirmation. At most it will be **15 minutes before the start of each session**, since all payments and medical forms should be in before camp. Preordered kneepads can be paid for and picked up at Check-in. (see Kneepads below)

Your email confirmation will indicate if you are missing medical forms or waivers. All forms must be filed with the camp by July 1. No forms – no participation – that's the State rule. Call me if you anticipate an issue with this requirement. (978-250-0640)

DIRECTIONS - Directions should be posted on www.masspikevolleyball.com. Addresses are:

Gosman Athletic Center, Brandeis University, Waltham, MA (main campus is across the street at 415 South St)
RAC 175 Plaistow Rd, Plaistow, NH 603-382-0641
CHS Gym, back entrance is 200 Richardson Rd, Chelmsford MA Front entrance is on Graniteville Rd.

DISMISSAL – Just a reminder that staff will dismiss the campers from their courts at session's end to connect with their ride home, unless I am notified in writing by parents with other suggested arrangements. Most campers are teenagers so we do not sign out players, nor do we supervise them once their session is over. However I don't want to leave someone stranded at the end of the camp day, so a staff member will have to wait for all rides to arrive. After the first 15 minutes, you will be charged for their time. Instead, if it's daytime, and you know you'll be late, you can write me a note that gives your child permission to wait without a staff member.

If rides **WILL BE UNEXPECTEDLY LATE, especially if it is THE LAST CAMP SESSION OF THE DAY PLEASE CALL 978-430-0309 (my cell phone is to be used during camp only)** so that we (staff and the player(s)) will know when to expect you.

***THE GYM WILL BE LOCKED UP SHORTLY AFTER THE BRANDEIS AND CHS SESSIONS END
SO PLEASE ARRIVE EARLY FOR EVENING PICKUPS!!***

EMAIL ADDRESS If you are getting this by mail, please send me a parent and/or player email so I can communicate with you over the summer and you will get any last minute updates or info during the year. **Check www.masspikevolleyball.com REGISTERED CAMPER PAGE for all camper info and camper updates.**

EMERGENCIES Please make sure we have all emergency numbers so that we can reach caretakers if an injury or accident should occur. **During camp you can reach Karyn Altman at 978-430-0309.**

KNEEPADS Kneepads are optional but suggested. If you would like to **ORDER A PAIR** of Asics kneepads for \$18-\$20, you can email masspikevolleyball@comcast.net , subject line KNEEPADS You can pick them up and pay the first day of camp, with cash or a **check to Karyn Altman. Do not mail in money ahead of time.**

ITEMS TO BRING - **DO NOT BRING VALUABLES, JEWELRY, or LARGE AMOUNTS OF CASH**

1. Volleyball shoes or indoor court shoe appropriate for volleyball (e.g. cross trainers).
Break in all new shoes before camp to avoid blisters.
2. Kneepads or money to buy them – if you order them before camp, I can be sure we will have enough
3. Water bottle with your name on it. (or money to buy drinks) – **You should drink a lot of water.**
4. Lunch/dinner and cooler for Brandeis, RAC or money to buy lunch at the RAC (see Lunch/Dinner below).
Bring a snack or money for machines if you wish.
5. Extra shirt if it's hot. Some players like to change.
6. Tape, prewrap and necessary supplies if you have a recurring injury that needs to be taped.

LEARNING DISABILITIES: Although most of our coaches have no special education training, it would be so helpful if you shared knowledge of any learning or physical disability and suggested accommodations with us before camp. That way we can be prepared to adjust our instruction to the specific needs of the player. Even a second reminder to the court coach, after your child is assigned would be extremely beneficial.

LUNCH/DINNER. For Brandeis - bring your own bag meal and a cooler (if needed) to camp with you.

We will have a 1 hour break for lunch from 12:30-1:30pm and dinner from 4-5pm. If for some reason, players forget their meals, we always have some extra food around at the staff meal table. The kids should eat, it's a long day **Snacks and drinks will be sold in machines** or there may be a concession stand.

For the RAC camp, only, there will be a limited lunch menu. Orders can be placed at 10am at the beginning of camp. The lunch will then be ready at lunch time. Here is a sample menu from last year. 2010 will be similar.

1. Chicken Ceaser - either a wrap or salad \$7.49
Plain Ceaser - either wrap or salad \$5.99
2. Grilled Chicken Sandwich - Lett, tom, and honey mustard (or whatever they like on it) \$6.29
3. Turkey, Ham or Tuna Sandwiches - either wrap, bulky roll or 10" sub roll.
Ham/Turkey - \$5.99
Tuna - \$4.99

MEDICAL NEEDS/INJURIES/TRAINER – Please send us, in writing any medical concerns or issues we should be aware of. (even if they are stated on their doctor's form. This will help us treat your kids effectively
In case they have a problem, there will be a certified athletic trainer at each camp session. Since it is a long day for our staff, trainers may not be available until the start of the session, so kids who need to get taped may need to miss a few minutes of the session. . **We do not have heat packs and we have limited tape. If you have a preexisting condition and are going to need a lot of tape during the week, please bring some tape and prewrap with you.**
We will have enough for injuries that happen during camp. We will also have bags of ice.

In addition to notifying Karyn of any pre-existing medical condition or injury (even if it's already noted on the child's exam), please inform the trainer and your coaches once you arrive at camp. If there should be an illness or injury at camp which requires your child to sit out for more than 30 minutes, we will call a parent or the emergency number to inform you and possibly ask you to pick up your child.

MISSING SESSIONS – Please send in a note beforehand or call me that day on my cell phone **978-430-0309** if your child is going to be missing a session. It will save us a lot of unnecessary phone calls and time.

PLACEMENT ON COURTS –

PLEASE CHECK YOUR EMAIL CONFIRMATION TO CONFIRM THE ACCURACY OF THE CAMPER’S LEVEL, GENDER AND POSITION. Most courts are single gendered, but some will be coed where appropriate. Experience level and gender will be used to divide General skills. (Position Camps will be divided by position and sometimes subgrouped by level and gender. There will be around 14-16 players on each court, with 2 coaches. Player assessments and adjustments will be made throughout and after the first day of drills. **We cannot guarantee placements with friends (except Beginners or a full team registered together ahead of time) but if friends are the exact same experience level, they can request to be placed on the same court.** Don’t worry, you’ll get to know the players on your court within a day or so and enjoy them.

PLEASE NOTE: YOUR COURT PLACEMENT WILL NOT **DECIDE YOUR FUTURE PLACEMENT ON YOUR HIGH SCHOOL TEAM, I PROMISE!!** COURT PLACEMENT AT CAMP AND YOUR VALUE TO A HIGH SCHOOL TEAM ARE TWO TOTALLY DIFFERENT THINGS. Every year a few players feel they are misplaced. Feel free to talk to me, Karyn after the first session, but please keep in mind the following things:

1. With 14-16 players, there will always be a range of skill level and experience on every court. If you are clearly better or worse than everyone else, it will probably be obvious to the coaches.
2. General Skills Position training focus mainly on individual skills and improving your own personal skill level. If someone next to you can’t serve well, it shouldn’t affect your ability to work on your serve placement or toughness while they work on becoming consistent. Don’t let it throw you off; they may have other strengths that you don’t have.
3. We will be going over basic skills, even at the top levels. Please don’t think that your court is the only court methodically going over basics. Good technique is the basis for success during your season. Even college players go back to basics each season.

If you feel you are obviously misplaced here’s what should happen:

1. Talk to your court coaches, state your case, and ask that they observe you during the session. Sometimes players who feel they should be at a higher level, tend to sulk and appear unmotivated. Although I understand that reaction, know that coaches are going to evaluate players on what they see. If there is no energy or attempt to work hard, it is unlikely a camper will be moved to a higher level. Try your best and talk to your coach after the session to get their assessment.
2. Your coach will make an initial assessment. If you are in agreement – there is no need to pursue.
3. If you are not in agreement, then you can come see me, Karyn and I will assess you on day 2. I will be honest and tell you that if your coach did not feel you stood out enough to move, then I will probably stay with that decision, but I am willing to take a look and see.

POLICIES FOR MASSPIKE – can be emailed upon request and I plan on posting the handbook on the website.

UNHAPPY AT CAMP – Players or parents are encouraged to talk to Karyn, or their court coaches if they are not happy with a situation at camp. If you tell us early in the week, we can try to remedy the situation.

WATER. You can bring your own drinks or buy them in machines. There are water fountains there too

WEBSITE www.masspikevolleyball.com will post directions and check the Registered Camper page for info.