

ELITE SKILLS CAMP

Grades 10-12, July 30-31

This is a two-day/five session camp for the advanced player, who must be entering grades 10-12 in Fall 2022. Positional training and individual fundamental mechanics along with advanced ball control and decision-making/vision training will also be incorporated throughout the camp. Central team systems will be introduced and integrated into offensive and defensive situational development and competitive play. Athletes may be grouped according to ability to ensure the appropriate level of challenge for each camper. Enrollment is limited.

Check-in: 8:15 a.m. - 9 a.m. (July 30)

Check-out: 4:30 p.m. (July 31)

Cost: \$160 (\$180 overnight)

INTERMEDIATE SKILLS CAMPS

Grades 8-9, Aug. 6

This is a one-day/three session camp for the intermediate mid-level player, who must be entering grades 8-9 in Fall 2022. Individual fundamental mechanics and general ball control along with positional training and skill-specific work will be incorporated throughout the camp. Basic offense and defensive systems will be introduced and integrated into offensive and defensive situational development and competitive play. Athletes may be grouped according to ability to ensure the appropriate level of challenge for each camper. Enrollment is limited.

Check-in: 8:15 a.m. - 9 a.m.

Check-out: 8 p.m.

Cost: \$90

DEVELOPMENTAL SKILLS CAMPS

Grades 5-7, Aug. 5

This is a one-day/three session camp for the beginner level player, who must be entering grades 5-7 in the fall of 2022. The emphasis of these camps will be teaching and training fundamental individual skills and some team systems of the game while learning fun ways to continue to play the game, regardless of numbers or skill. Individual skill instruction will include the foundations of serving, passing, defense, hitting, and setting. Competitive play will be integrated into each session to explore multiple ways to play the game. Athletes may be grouped according to ability to ensure the appropriate level of challenge for each camper. Enrollment is limited.

Check-in: 8:15 a.m. - 9 a.m.

Check-out: 8 p.m.

Cost: \$90

FOR MORE INFORMATION

Hali Hillegas
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Jeanne Czipri
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LOCATION

The Central College campus is located in Pella, Iowa, just 40 miles southeast of Des Moines on Highway 163 and 22 miles south of Interstate 80. All camp sessions are held at the Kuyper Athletic Complex on Independence Street on the west edge of campus in the southwest section of Pella.

INDIVIDUAL CAMP FEATURES

- Exposure to enthusiastic and knowledgeable Central College volleyball coaching staff, players and additional instructors
- Detailed and challenging individual, positional and cooperative skill instruction
- Training and development in ball control, defense (blocking and digging), offense (attacking and setting), serving and serve receive
- Tiered and differentiated grouping for appropriate challenge levels
- Scrimmage opportunities the entire last session to implement skills trained during camp
- Free Under Armour T-Shirt (Elite)
- Free cotton T-Shirt (Developmental/Intermediate)
- All-you-care-to-eat meals provided at the Central Market (exception of breakfast for commuters on the second day of camps)



2022 Central College Volleyball Camps

Three-time NCAA Division III champions

Elite Skills Camp

July 30-31, Grades 10-12

Competition Team Camp

August 1-2

Scrimmage Team Camp

August 3-4

Developmental Skills Camp

August 5, Grades 5-7

Intermediate Skills Camp

August 6, Grades 8-9

CAMP DIRECTORS



- **Jeanne Czipri** was named Central's volleyball coach in 2017
- Four-time varsity letterwinner at University of New Hampshire
- 17th year of coaching, including three-year stint as head coach at Dominican University (Ill.)
- Totaled 36 wins in last three seasons at Central

- **Hali Hillegas** joined coaching staff as varsity assistant in 2020.
- Four-time letterwinner at University of Pittsburgh/Iowa State University (2015-19)
- AVCA Division I All-American honorable mention (2017)
- Second team all-ACC libero at Pittsburgh (2019)

- **Erin Dilger** joined coaching staff as varsity assistant in 2021.
- Central's team MVP in 2019
- Four-year letterwinner for the Dutch

- **Nicole Green** joined coaching staff as varsity assistant in 2020.

- **Molly Steffens** rejoined the coaching staff as varsity assistant in 2022. Previously was an assistant 2018-21.

- **Cyndi Boertje** joined coaching staff as varsity assistant in 2019.

CAMP STAFF

The camp directors are joined by past and present Central volleyball players. Participants are assured of receiving individual attention throughout the camp. The staff also includes an athletic trainer.

OFFICIAL SPONSOR



UNDER ARMOUR.

Central College was the first Iowa college or university to be officially sponsored by Under Armour

REGISTRATION

Online registration and credit card payment is available at athletics.central.edu/camps.

CHECK-IN/CHECKOUT

Individual camp check-in is from 8:15-9 a.m. in the M. Joan Kuyper Farver Atrium in P.H. Kuyper Gymnasium. Team camp check-in will be prior to first game on the opening day of the camp. P.H. Kuyper Gymnasium and H.S. Kuyper Fieldhouse are located at the corner of West 5th St. and Independence St. in the southwest section of Pella.



CENTRAL COLLEGE VOLLEYBALL

- 1998, 1999, 2000 NCAA Div. III champs
- Four NCAA Div. III Final Four berths
- 11 NCAA Div. III playoff berths
- 17 conference championships

COMPETITION TEAM CAMP

August 1-2

This camp is for Varsity teams only and is the more competitive of the two team camps. It is a rigorous, two-day camp of complete game play amongst all participating teams coached by their school coaching staffs. All teams are guaranteed a minimum 8 matches over the two days with the chance for more matches pending total teams participating, structure, and seeding. This camp provides excellent team bonding opportunities on and off the court, the opportunity for coaches to experiment with lineups, and the ability to execute individual and team skills and systems from summer camps into competitive play. Free cotton t-shirt for all participants

Check-in: Prior to first match

Cost: \$60 (per player)

SCRIMMAGE TEAM CAMP

August 3-4

This camp is for JV and Varsity teams and is the less competitive of the two team camps. It is a rigorous, two-day camp of complete game play amongst all participating teams coached by their school coaching staffs. All teams are guaranteed a minimum 8 matches over the two days with the chance for more matches pending total teams participating, structure, and seeding. This camp provides excellent team bonding opportunities on and off the court, the opportunity for coaches to experiment with lineups, and the ability to execute individual and team skills and systems from summer camps into competitive play. Free cotton t-shirt for all participant

Check-in: Prior to first match

Cost: \$60 (per player)

