

## Registration

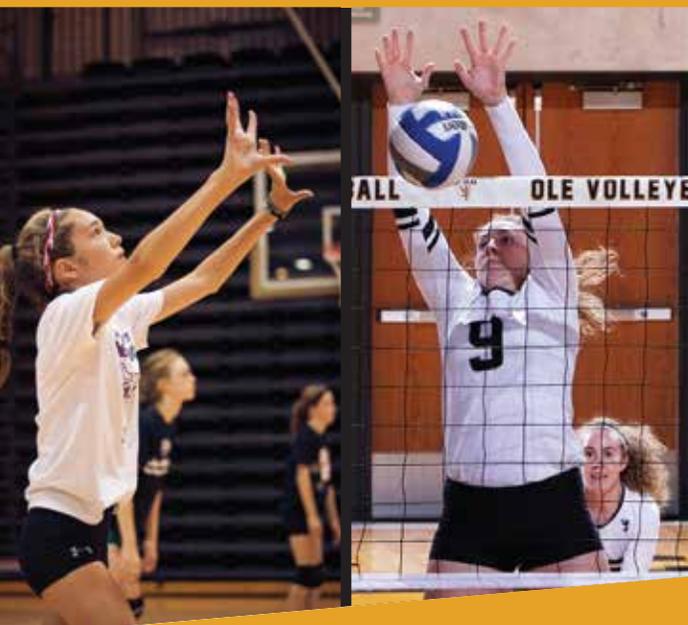
For more information, to register online, or to download a registration form visit [stolaf.edu/camps](http://stolaf.edu/camps)

Registrations received after June 1 is subject to a late fee.

## Refund Policy

Written cancellations (post or email) received four weeks prior to camp start date will receive a refund less the \$100 non-refundable deposit fee. No refunds are given within four weeks of camp start date, but substitutions are accepted.

St. Olaf also offers satellite camps. Head Coach Emily Foster and current Ole players will come to your high school and bring the experience to you! For more information contact Emily Foster at [foster5@stolaf.edu](mailto:foster5@stolaf.edu).



## St. Olaf Summer Camps & Academies

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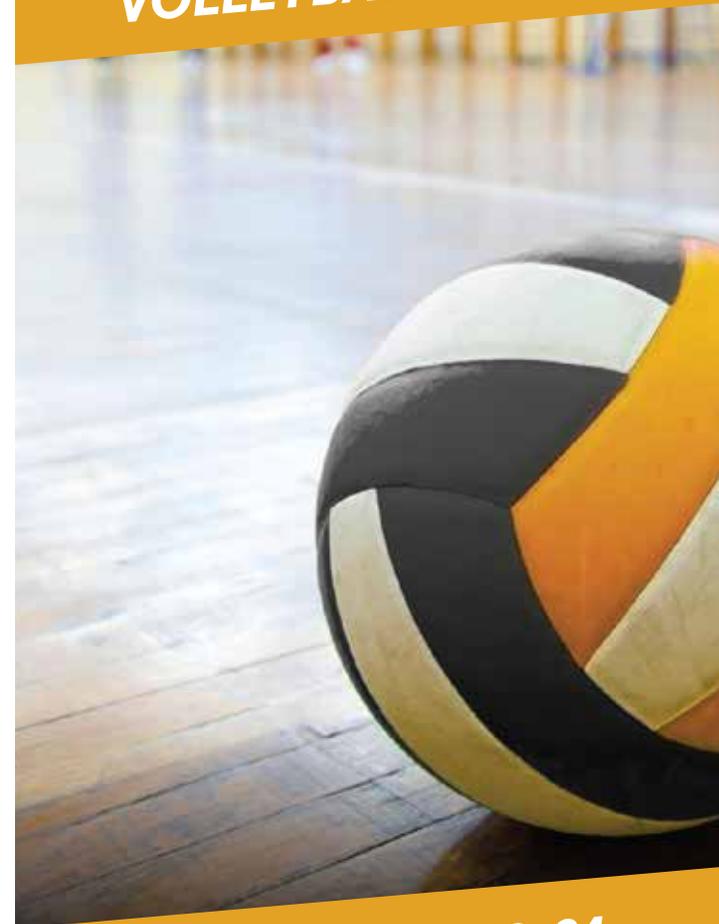
St. Olaf College  
1520 St. Olaf Avenue  
Northfield, MN 55057



 ST. OLAF CAMPS

THE HILL THAT TRANSFORMS YOUR SUMMER

## OLE PRIDE VOLLEYBALL CAMPS



JUNE 11-13, JULY 22-24  
& JULY 26-28, 2019

St. Olaf College  
Northfield, MN

# The Volleyball Camp Experience

St. Olaf volleyball camps are designed for players who have been playing competitively in associations or school programs and have yet to complete their senior year of high school. This camp provides a complete experience on the beautiful St. Olaf campus in historic Northfield, Minnesota. Volleyball training and other activities are balanced with recreational activities that are supervised by camp coaches and counselors.

Camp fee includes lodging, meals, and camp T-shirt. Campers are housed in comfortable, secure student residence halls. Bedding and bath towels are provided. Coaches and counselors live in the residence halls and provide 24-hour supervision.

St. Olaf employs a professional security staff that is on duty 24/7. Meals are prepared by Bon Appétit. Salad bar, grilled meats and veggies, hot entrées, cereals, yogurt, fresh fruit, a deli station, soup, and dessert station are some of the healthy options.



## Camp Features Include

- Professional, individualized coaching
- Camp coaches and counselors are St. Olaf volleyball coaches and players
- Low athlete-to-coach ratio
- Team-building principles
- Daily court sessions
- Small group discussions
- Supervised recreational activities

## Camp Schedule

### DAY 1

1–2 p.m.	Check-in
2–4:30 p.m.	Gym Session
4:30–5 p.m.	'Mind Gym'
5–6:30 p.m.	Session Dinner
6:30–8 p.m.	Gym Session

### DAY 2

8–9 a.m.	Breakfast
9–11:30 a.m.	Gym Session
noon–1 p.m.	Lunch
1:30–2:30 p.m.	'Mind Gym' Session
3–5:30 p.m.	Gym Session
5:30–6:30 p.m.	Dinner
7–9:30 p.m.	Evening Activity

### DAY 3

8–9 a.m.	Breakfast
9:15–11:30 a.m.	Gym Session
11:30–noon	Question-Answer with Oles Camper Pickup
noon	

## Ole Pride Volleyball Camps \$320

### Session 1: June 11-13

*Girl's entering grades 7th-10th*

### Session 2: July 22-24

*Girl's entering grades 4th-7th*

### Session 3: July 26-28

*Girl's entering grades 8th-12th*

## Camp Description

**Session 2:** St. Olaf volleyball camp is structured for volleyball players looking to improve fundamental skills, increase their love for the sport, and prepare them for their future competition.

**Session 1 & 3:** Targeted at experienced volleyball players who are ready to learn technical skill development, gain playing experience and prepare for the upcoming high school season. It is a chance to learn about volleyball, meet new people and make a connection with college athletes. This camp will also focus on the mental side of training with two 'Mind Gym' sessions. Providing a unique opportunity to take their game to the next level.

## Roommates

Campers are housed two per room and may request a specific roommate. Roommates need to request each other on their registration form. Camp space is filled on a first-come basis and spots cannot be held for a late-registering roommate.

## Meet The Coaches



**Emily Foster** will be heading into her fourth season as an Ole. The Oles are coming off of a fourth place conference finish in 2017. Before coming to St. Olaf, Foster spent the previous three seasons as an assistant coach at Division II Northern State University, where she handled defense and was the program's recruiting coordinator. Before her stint at Northern

State, Foster spent two seasons as a graduate assistant at MSU-Mankato. Foster was a three-time All-American and two-time MIAC MVP at the University of St. Thomas. She helped lead the Tommies to three NCAA appearances, including a trip to the quarterfinals in her final season.



**Damien Fox** is in his first season as an assistant coach for the St. Olaf volleyball team in 2018. Fox was the head coach at Faribault High School from 2013–15 and was an assistant coach at Lakeville North for the past two seasons, including their 2017 Class AAA State Championship team. Fox also coaches for the Northern

Lights Volleyball Club and during the summer months he coaches camps at Northern Lights, the University of Minnesota, St. Olaf, and for MVI.

## Ole Pride Volleyball Staff

Coach Foster will complete her staff with current Ole Volleyball athletes and members of the coaching staff. The energetic and talented Ole players will provide direction, encouragement, and a glimpse into what life is like at St. Olaf. It is a great opportunity for younger players to interact with college athletes.