

V-Sabre Volleyball Camps | Staff



Aaron Smith
Assistant Coach (3rd year)

- Six years of collegiate coaching experience
- 'Thirty Under 30' honoree (2013)
- Competed in 4 Final Fours while playing at Penn State ('03-'07)
- Played professionally in Spain for Club Tarragona (2008)

"We have a great staff to develop your volleyball skills. Not only will you learn a ton, but you will have a great time!"



Stephanie Ross
Assistant Coach (1st year)

- 5 years of collegiate coaching experience
- 4-year starter at Pittsburgh as and outside hitter
- Recruited multiple prospects that have been honored with national recognition (Sr Ace & Prep Volleyball AA)

"What a great opportunity to interact and compete with some of your favorite Cavalier volleyball student-athletes!"



UVA Student-Athletes

Campers will truly benefit from hands-on training and interaction with current and former Virginia volleyball team members!

The V-Sabre coaching staff strives to connect with each and every camper. Campers will not only learn the game of volleyball, but they will create relationships and memories that shape their experience while at camp.

V-Sabre coaches have a strong influence on each camper which is why we pride ourselves in having coaches that are great role models. Campers will be placed in an appropriate group based on age and ability where they will learn, be challenged, and have a great experience with knowledgeable and dedicated coaches!




Dennis Hohenshelt
Head Coach (3rd year)

In just 2 seasons at Virginia, Coach Hohenshelt has already made a big impression in the ACC. After leading the 'Hoos to an 18 win 2013 campaign, and a 5th place ACC finish, Coach Hohenshelt has set the stage for continued success in the coming seasons. Coach Hohenshelt simply knows what it takes to win. He was an assistant coach at Penn State during their stretch of 4 National Championships ('07-'10) and he compiled a .917 win percentage (199-18 record) during his 6 seasons at PSU. Coach Hohenshelt's background in the men's game gives him perspective on how he wants to train his current UVA squad. He assisted the Penn State men's volleyball team to 9 Finals Fours in 10 seasons ('97-'06) and he aided the Boys Youth National Team to a NORCECA Zone gold medal in 2004.

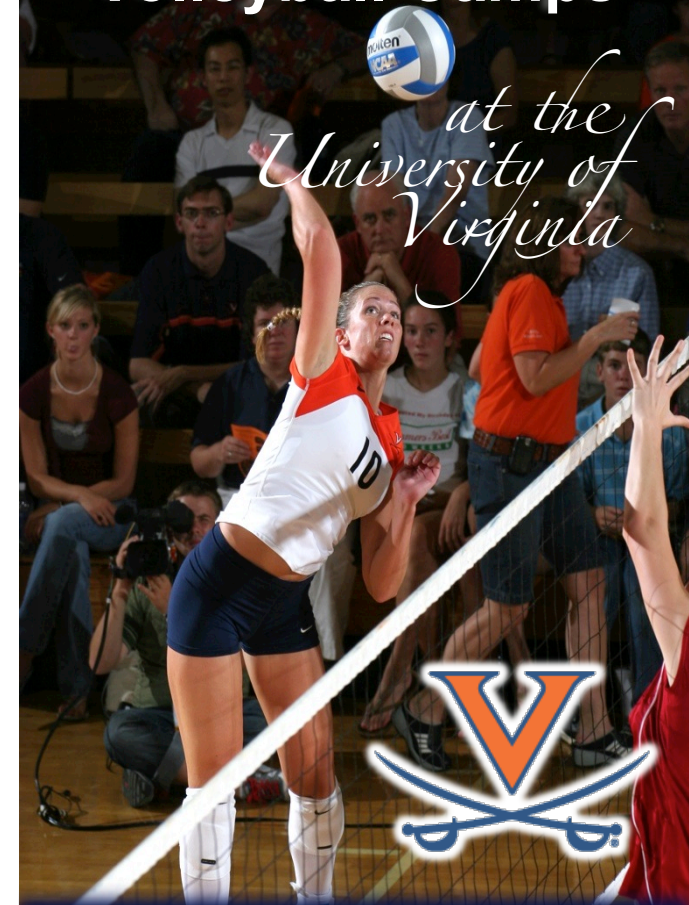
"V-Sabre volleyball camps offer a great balance of intensive training and fun. I look forward to personally meeting and working with every camper!"

To catch all the latest information on Virginia Volleyball, go to www.VirginiaSports.com




V-Sabre Volleyball Camp
McQue Center
PO Box 400851
Charlottesville, VA 22904

2014 V-Sabre Volleyball Camps



at the University of Virginia

Youth Camp

June 16-18

All-Skills Camp

July 9-12

July 16-19

For additional information:

VSabreVolleyballCamps.com

434-982-5307 -or- asmith@virginia.edu

Registration Form

Online registration is available at:
VSabreVolleyballCamps.com

Camper Name _____

Parent/Guardian Name _____

Street Address _____

City, State, Zip _____

Primary Ph _____

Parent Email _____
(please write legibly, camp information will be directed to this email)

School _____ Grade Entering (Fall '14) _____

Height _____ Position (if known) _____

Club Name (if applicable) _____

Roommate Request (if applicable) _____

Emergency Contact Name _____

Emergency Contact Ph _____

T-Shirt Size: adult S M L youth L

Youth Camp
Girls and Boys, grades 5-8 June 16-18
 commuter.....\$250

All-Skills Camp
Girls, grades 6-12 July 9-12 July 16-19
 overnight.....\$495
 commuter.....\$445

***Please include a \$100 non-refundable deposit for each camp and camper registered. Your balance is due 2 weeks prior to the camp start date.**

Check # _____ Amount Paid _____

Make checks Payable to:
V-Sabre Volleyball Camps

Mail to:
V-Sabre Volleyball Camp
McCue Center
PO Box 400851
Charlottesville, VA 22904

Youth Camp

Girls and Boys, grades 5-8 | June 16-18

The focus of Youth Camp is to teach the fundamentals of volleyball in an active and fun environment! Each camper will be grouped based on age and talent.

Each camper will learn the fundamentals of serving, passing, setting, attacking, and defense. Campers will also learn the importance of goal setting and effective communication skills. Our goal is to teach these skills in a way that each camper leaves wanting to play more volleyball. Experienced campers will take the next step in their game while newcomers may discover a new sport.

Coaching techniques will include drills, interactive games, and competition.

Volleyball, Friends, and Fun!

- Camp runs from 9am-3pm daily.
- Campers must bring their own lunch.

All-Skills Camp

Girls, grades 6-12 | July 9-12 July 16-19

This camp is designed for Beginner to Elite athletes. With multiple facilities and experienced coaches we are able to place campers onto courts based on age and ability. Each camper will then receive skill appropriate training by dedicated court coaches.

Training techniques will include an introduction to fundamentals (as necessary), intensive skill training, position training, drills, competitive simulations, goal setting, and more!

Lifelong Memories!

- Bonus sand volleyball time on UVA's state of the art sand courts
- Create relationships with campers from all over the country
- Interact with current and former UVA student-athletes
- Use the same facilities that the UVA student athletes use (dorm/dining hall/gym/etc)

Sign up early!



Camps fill up fast!

About Virginia

The University of Virginia is located in Charlottesville, in the foothills of the Blue Ridge mountains. Founded by Thomas Jefferson, in 1819, UVA continues to maintain its prestigious reputation as one of the top academic schools in the country. *US News and World Report* ranks UVA as America's 2nd best public university. UVA is a member of Atlantic Coast Conference (ACC) which is one of the strongest conferences in the country in any sport. This academic reputation coupled with the excellence of the athletic department makes UVA a top school for any prospective student.

Camp Information

All Camps

- Camps will be held at Memorial Gym, Slaughter Gym, and University Hall, all of which are located on the grounds of the University of Virginia.
- Online registration guarantees your entry of camp. An email will be sent upon receipt of payment with a confirmation number and additional information about camp.
- A completed medical release and a copy the camper's insurance card (front and back) must be submitted prior to participation of any camp.
- A certified athletic trainer will be on site at all times for each camp.
- All camps are open to anyone, limited only by age and number of campers.
- No prospect may receive free or reduced tuition per NCAA rules and regulations.

All Skills Camp and Team Camp only

- Overnight campers will stay in residence halls on the University of Virginia grounds.
- Meals will be served at UVA dining halls.
- Overnight camp registration includes breakfast, lunch, and dinner starting with dinner on Day 1.
- Commuter camp registration includes lunch and dinner starting with dinner on Day 1.

Cancellation Policy

- Each camp requires a non-refundable \$100 deposit.
- Refunds (less deposit) are available until two weeks prior to the start of camp

For Online Registration or more info, visit:

VSabreVolleyballCamps.com

- schedules • locations • maps • FAQs • forms • what to bring • residence halls • dining • etc •