

ABOUT US

Colorado Volleyball Camps are designed to create an experience where campers can learn in a fun and interactive environment. Each camp is structured to provide age and skill appropriate volleyball instruction that will help campers reach their ultimate potential and foster a genuine love for the sport. Combining great on court instruction in the confines of a top notch university makes these camps some of the best in the nation.

We cover each facet of the game and employ only the highest level camp coaches. We place focus on the quality of instruction and the training culture in our gyms. Campers are surrounded by positive teachers who demonstrate skills properly for them, provide immediate feedback, and provide a productive drill and competition opportunities. We place great importance on the individual needs of each camper as well as teaching them to be part of a productive team.

The exposure to a collegiate campus and the level of play associated with it is an important part of your Colorado Volleyball Camp experience. Connecting young players with high level college and players and coaches is something that makes the University of Colorado's volleyball camps the most memorable camp experiences in the country.



Head Coach - Liz Kritza

STAFF + COUNSELORS

Head Coach - Liz Kritza

Regarded as one of the finest upcoming young coaches in the nation, Kritza is entering her third year at Colorado after spending four year as the head coach at Tulane University. There she led the Green Wave to their first Conference USA title and their first NCAA birth in 2008. Kritza was also named AVCA Midwest Region and Conference USA Coach of the Year in 2007 and 2008. Kritza, a Colorado native, is known for ability to build programs as well as successful female student athletes on the court and in the classroom. It is this philosophy that shapes her program as well as the Colorado Volleyball Camps.

Assistant Coach - Tom Hogan

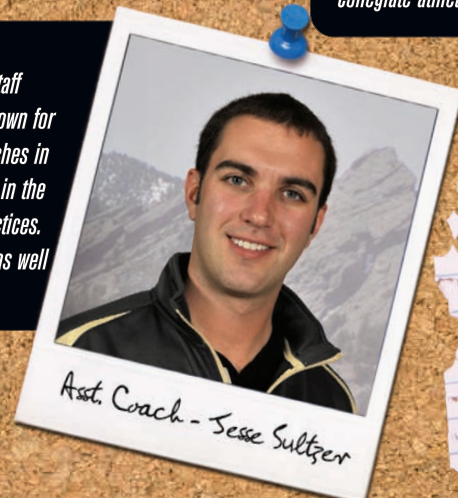
Tom Hogan is entering his third season as the Buffaloes top assistant after serving as the assistant coach for the USA Women's Volleyball National Team. During his time with the National Team he helped guide them to the silver medal at the 2008 Beijing Olympics. Hogan who continues to work with the USA Volleyball's High Performance program is thought to be one of the brightest minds in the sport. Hogan fingerprints are all over the Colorado Camps as he brings international techniques, drills, and feedback to the courts.



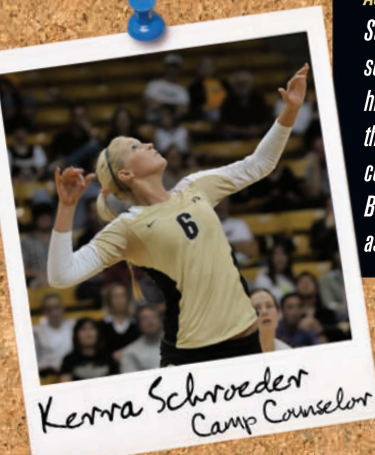
Asst. Coach - Tom Hogan

Assistant Coach - Jesse Sultzer

Sultzer is completing his first year as a part of the Colorado staff serving as an assistant as well as the Camp Director. He is known for his high energy as well as being one of the best scouting coaches in the country. Specifically, he has developed one of top systems in the country to utilize statistics and video of both matches and practices. Before Colorado Sultzer spent time at the University of Texas as well as Austin Junior Volleyball working with players of all ages.



Asst. Coach - Jesse Sultzer



Kerra Schroeder
Camp Counselor

WHY COLORADO CAMPS?

1. High level coaching and techniques used by college and international players
2. Great facilities including the new practice facility
3. A beautiful campus with views of the mountains and unmatched architecture
4. Friendly and encouraging coaches including University of Colorado players
5. An unbelievable dining hall with food from around the world
6. A variety of options to meet your needs

OVERNIGHT CAMPS

Elite Camp (Session I - July 11th - 13th, Session II - July 25th - 27th) - \$325/\$350
Entering 7th through graduating seniors

The Elite camp covers all aspects of the game of volleyball with an emphasis on high level execution and competition. The techniques and skills taught in this camp are designed to help young players make the jump to high level play. All of the skills will be covered including passing, setting, hitting, digging, blocking, and serving as well as team defensive and offensive systems.

High Intensity Positional Training Camp (Session I - July 14th - 15th, Session II - July 28th - 29th) - \$225/\$250
Entering 7th grade through graduating seniors

The High Intensity Position Training Camp covers all aspects of a specific position. Players will have the option of picking which position that they train at. The techniques and skills taught will give players the edge they need to the best they can be at their position. Options include: setter, middle blocker, outside/rightside hitter, and libero.

High Performance Camp (Session I - July 16th - July 19th) - \$450/\$475
Entering 7th through graduating seniors

The High Performance Camp is an intense volleyball environment designed for the advanced player. Elite campers are expected to have excellent fundamental skills, as the focus of training will be preparing for the next level with drills and competition designed to refine techniques and enhance the overall level of the volleyball player. In order to maximize the camper's experience all campers are required to stay in the dorms. The world class coaching staff, cutting edge training techniques, and exposure to all facets of a complete training regimen provide a glimpse into the life of a collegiate athlete and make this the premier high level volleyball camp in the country.

DAY CAMPS

Prices listed include the early bird special price, on or before May 15th, and the regular price.

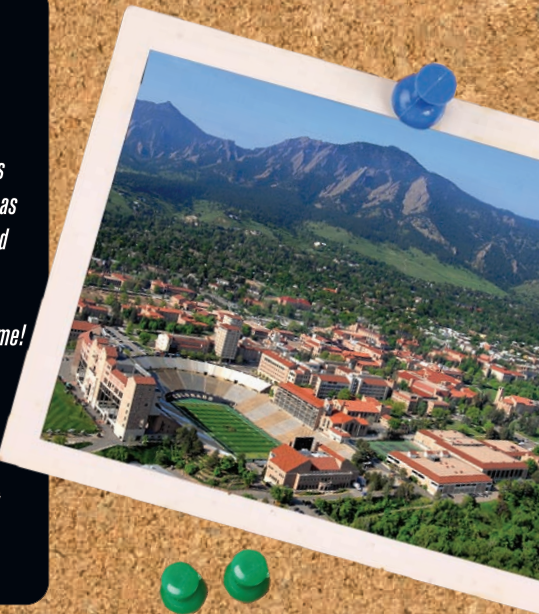
All Skills Camp (Session I - July 11th - 15th, Session II - July 25th - 29th) - \$335/\$360
Entering 3rd grade through graduating seniors

The All Skills Camp covers all aspects of the game of volleyball with an emphasis on fundamentals. The techniques and skills taught in this camp are designed to provide a strong foundation that allows young players to develop into high level athletes as they continue playing. All of the basic individual skills will be covered including passing, setting, hitting, digging, blocking, and serving as well as team defensive and offensive systems.

Little Buffs are encouraged to attend this camp. There will be separate courts for younger players who are learning the game!

Positional Skills Camp (Session I - July 21st - 22nd) - \$140/\$165
Entering 7th grade through graduating seniors

The Position Skills Camp covers all aspects of a specific position. Players will have the option of picking which position that they train at. The techniques and skills taught will give players the edge they need to the best they can be at their position. Options include: setter, middle blocker, outside/rightside hitter, and libero.



CLINICS

Serving Clinic (Session I - July 11th, Session II - July 25th 6:00-8:00pm) - \$40/50
Entering 5th through graduating seniors

The Serving Clinic teaches players at all levels the keys to be an effective server. Campers will learn everything from the basic standing serve to the jump floater and the jump topspin serve. They will work on serving from and to all areas of the court with velocity. Serving strategy will also be discussed and practiced.

Setting Clinic (Session I - July 12th, Session II - July 26th 6:00-8:00pm) - \$40/50
Entering 5th through graduating seniors

The Setting Clinic will cover all aspects of setting, focusing on hand contact, footwork, location, and decision making. Campers will set a variety of sets and be challenged in making plays on the move. The clinic is perfect for the advanced setter or the player that just wants to work on her hands.

Defense Clinic (Session I - July 14th, Session II - July 28th 6:00-8:00pm) - \$40/50
Entering 5th through graduating seniors

Designed for anyone that wants to be a stellar back row player the Defense Clinic is a must for all positions. Campers will work on playing different positions in the back row and learning how to handle hard driven balls, roll shots, and tips. Campers will also learn how to make moves to the floor including how to hit the floor safely. Liberos will love this one.



Coors Events Center
Practice Facility

REGISTER ONLINE TODAY
WWW.CUBUFFS.COM/CAMPS



TEAM CAMP

Team Camp (August 1st - 4th)

Great for any team getting ready for the season the CU Volleyball Team Camp provides a place to get instruction, play other teams, and bond with your teammates. Tell your coach that you want to go to CU Boulder for team camp and check out www.cubuffs.com/camps for more information!

