

NAU Volleyball Team Camp

CAMP INFORMATION

Ironwood Ridge Volleyball will be offering the opportunity for **prospective Varsity and Junior Varsity players** to compete at the Northern Arizona University Volleyball Team Camp on **July 12-14, 2022**. This camp will be open to all returning athletes that are actively participating in the off-season Strength/Conditioning sessions. This is an overnight camp, invited athletes must be in good standing (academic, attitude, citizenship, etc) within the volleyball program. New prospective players may be invited by the coaching staff—invitation only if space is available.

The Team Camp will be held at Northern Arizona University in Flagstaff, Arizona. The team will plan on traveling by school (or rental) vans and stay in dormitories on the NAU campus—the dorms will be supervised by the camp staff as well as the varsity coaching staff. Meals will also be included for the team during the camp.

The NAU Team Camp is three days with multiple sessions of volleyball each day. Included in the sessions will be 10 matches of competition, training, team bonding exercises, and team chalk talks with the NAU coaching staff. The final day (Thursday) will feature a double-elimination tournament for the participating teams.

PLEASE NOTE: *Participation in the NAU Volleyball Team Camp will not guarantee any prospective volleyball player a spot on Ironwood Ridge Volleyball Varsity roster in the Fall. The camp is open to prospective players provided they are currently participating in the off-season.*

TUESDAY | JULY 12

CHECK-IN: 10:30 AM
SESSION 1: 11:00 AM—1:00 PM
SESSION 2: 6:00—9:00 PM

WEDNESDAY | JULY 13

SESSION 3: 9:00 AM—12:00 PM
SESSION 4: 2:00 PM—5:00 PM
SESSION 5: 7:00—9:00 PM

THURSDAY | JULY 14

SESSION 6: 9:00 AM—TBD
CHECK-OUT: 3:00 PM

TRAVEL ITINERARY

This trip is approved by Ironwood Ridge High School and all Ironwood Ridge Volleyball and Amphitheater Student-Athlete Code of Conduct Rules will be followed for the duration of the trip. The team will travel by school vans or rental vans driven by the varsity coaching staff.

TUESDAY	July 12	6:00 AM 10:30 AM	Depart campus for Flagstaff (players responsible for meals during van ride) Check-in to team hotel/dorms See camp schedule listed above
WEDNESDAY	July 13		See camp schedule listed above
THURSDAY	July 14	4:00 PM 8:30 PM	See camp schedule listed above Depart for Oro Valley (players will be responsible for meals during van ride) Return to Ironwood Ridge (approximate arrival time)

CAMP TUITION

RETURNING IRONWOOD RIDGE VOLLEYBALL PLAYERS: To reserve a spot on the IRVB team roster, please complete the 2022 Off-Season Interest Form. A **NAU Volleyball Camp Registration link** will be sent from the coaching staff to invited athletes. The camp registration must be completed no later than **May 15, 2022**. The cost of the camp is \$240 per player (includes the camp tuition, team fee, housing, and team meals). The volleyball program will cover the Team Registration Fee and transportation expenses.

If you need financial assistance for any volleyball camp, please see the Coach Lang.

NEW IRONWOOD RIDGE SENIORS OR JUNIORS: Please contact Coach Lang for availability.

INCOMING FRESHMAN: This camp is not available for incoming freshman. However, if the prospective athlete is actively participating in the off-season conditioning program AND there is availability, incoming athletes may be invited. Please contact Coach Lang if interested.

For more information or questions concerning the NAU Volleyball Team Camp, please contact Ironwood Ridge head volleyball coach Bill Lang at (520) 906-6668 or by email at blang@amphi.com.