

IRONWOOD RIDGE VOLLEYBALL

2021 VOLLEYBALL TEAM CAMP

IRVB/UA Team Camp Information

Friday-Sunday, July 16-18

UAVB 411: What you're getting yourself into...

From the **David Rubio Volleyball Camp Brochure**: "The team camp is designed to give high school teams the opportunity to practice together in a collegiate atmosphere. The practice will include advanced offensive and defensive systems that raise the overall level of the team. Team system work and tournament play will be provided each day. Each team will be provided their own camp coach."

IRVB 411: What we expect...

The feedback given from the UA coaching staff in the past has been very positive. Each year, we hear that the Ironwood Ridge Volleyball players work hard, listen to the coaches, and are on time. In short, we've always heard what great kids we have in this program! This will be the 18th season (the longest of any school) that IRVB sends its teams to the camp and the expectations have always been the same: **work hard, learn, have fun and represent your volleyball program!**

Camp Dress Code:

Players are expected to report in full practice uniform: **IRVB t-shirt tucked in** (all players wearing same shirt); **navy spandex**; **Mizuno kneepads**; **white knee-high socks** (no logo except Mizuno); cover-up shorts (over spandex when outside of gym), **volleyball shoes** and **ankle/knee braces** (optional). Players may also wear the camp shirt together.

2021 Camp dates and Times (TIMES AND SESSIONS SUBJECT TO CHANGE)

Friday	July 16	1:30 PM	<i>Team Check-In</i>	<i>Report to McKale Center for the first session</i>
		2:00 – 4:30 PM	Session 1	
		5:00 PM	<i>Dinner</i>	
		6:30 – 9:00 PM	Session 2	<i>Report to the team's designated site for this session</i>
Saturday	July 17	9:00 AM – 11:45 AM	Session 3	<i>Report to McKale Center for this session</i>
		12:00 PM	<i>Lunch</i>	
		2:00 – 4:00 PM	Session 4	<i>Report to the team's designated site for this session</i>
Sunday	July 18	9:00 AM – 11:45 AM	Session 5	<i>Report to McKale Center for this session</i>
		12:00 PM	<i>Lunch</i>	
		2:00 – 4:00 PM	Tournament Play	

Other than check-in, all players are expected to report the team's site 15 minutes prior to the session start time.

Carpool:

Players are responsible for transportation to/from the UA campus. Listed on the back are names and numbers of players that are attending the camp – please call players to arrange any carpools if needed. The players will meet at the designated training site for each session. The UA camp usually uses the following sites (in a normal year) for the camp: **McKale Center, Richard Jefferson Gym, and possibly the UA Student Rec Center.**

Be careful where you park on campus. Parking will be free after Friday at 5:00 PM and through the weekend.

Lunch/Dinner | Spending Money:

Players will be responsible for lunch/dinner between sessions. Please bring a sack lunch and/or spending money each day. There are fast food restaurants near the campus or the UA's Student Union offers many other dining options.

Also, bring a refillable water bottle with a closed lid.

Coaching staff contact while at the camp:

The IRVB coaching staff will be rotating and monitoring the teams at the camp. If there is an emergency and you need to get ahold of your player, please call **Bill Lang (520) 906-6668**. You can also text to find out where the team's site will be.