



# Keegan Cook Volleyball Camp

## *at the University of Minnesota*

### Information for High School Team Camp

#### **OUR MISSION**

Our Team Camps are designed to help youth players get better at volleyball while having a great time bonding with their teammates. Many of our coaches previously attended camps with their teammates as players, and it is our goal to give a great experience to high school teams who wish to spend a few days with us at camp.

The majority of our day is spent with technique-based instruction and various team drills. Teams receive lengthy breaks for lunch and dinner, and we end the night with several hours of scrimmages. Our camp does not have a tournament winner; instead, the focus is improving and having fun. With that in mind, we also attempt to schedule your nightly scrimmages against “like teams”; we hope to avoid placing highly-ranked and advanced teams against young beginners.

Overall, we think Team Camp is an awesome camp experience for high school teams, and it is our goal for every camper to have an outstanding time with us!

#### **CAMP TUITION**

We have two pricing options for your team. High schools that wish to drive to camp each day can enroll players at \$375 per camper. For teams that wish to stay in the dorms overnight, the price is \$450 per camper.

Included in this cost are all meals during camp hours, which includes dinner on Day 1, lunch and dinner on Day 2 and lunch on Day 3. Campers staying in the dorms also receive breakfast on both mornings. Additionally, the cost-per-camper includes a camp t-shirt for all registrants.

#### **ADDITIONAL DORM INFO**

Campers will be staying in dorms on the UMN campus, located about a 3-minute walk from the gym. For teams staying in the dorms, a coach or chaperone is required, and we allow 1 coach to stay with us for free with all expenses covered by us. Additional coaches will be charged \$150 per coach (overnight) and \$75 per coach (commuter) to help offset the rising costs of dorm rooms and meals charged to us by campus.

#### **COACH RESPONSIBILITIES**

We like to give you and your assistant coaches the opportunity to be involved as much (or as little) as you like. Please feel free to jump in, learn, and assist with drills whenever you would like! We love it when you interact with our coaches – they are here to help with anything you need. While we do expect at least one coach from your school to be present at all times, from there, it is totally up to you how involved you would like to be.