

## Indian Creek Volleyball Camp Director

**Coach Moore**, Camp Director, completed her 1st season as sophomore coach at Indian Creek High School. The team finished with a 15-1 record overall (8-0 in conference) and first in the conference tournament. Coach Moore began her volleyball career at the early age of 9. As a freshman Moore made the Varsity team at Richards High school in Oak Lawn, IL. That year took her talents to 2nd City Volleyball Club in Chicago where she played in the Junior Olympic Championships in Denver, Colorado. After a few years, she joined Neris Volleyball Club (Oak Lawn) and traveled to Orlando, Florida to play in the Junior National Championships. She coached freshman and junior high level before starting at Indian Creek.

**Coach Crutcher**, Camp Director, has completed her 10th season as head coach at Indian Creek High School. This year's team had a 19-16 record, 6-2 in conference play, plus won a Regional Championship. She would like to see this year's team continue to be defensive-oriented and improve their offensive skills. In her ten years as head coach at Indian Creek, Crutcher has compiled a 168-145-2 record (.537 win percentage). She has spent two years helping coach club volleyball for Sycamore's Winter Volleyball Club, which is a satellite of Club Fusion. She has coached club at both 7th graders and Freshman levels. She has coached all levels at the high school.

**Coach Larson**, completed her 1st season as 6th Grade coach at Indian Creek Middle School and then finished the Indian Creek High School Freshmen season. Coach Larson is a former Indian Creek volleyball player.

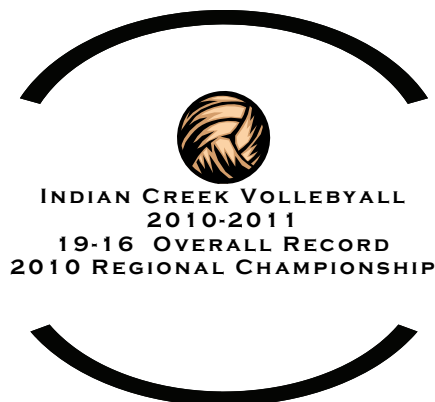
**Coach Orstead**, completed his 1st season as 7th Grade coach at Indian Creek Middle School.



**Camp Instructor**  
**Ashley Moore, Indian Creek H.S.**  
**Stephanie Crutcher, Indian Creek H.S.**  
**Benay Larson, Indian Creek H.S. & M.S.**  
**Matt Orstead, Indian Creek M.S.**

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**ICHS Varsity Players**



## Indian Creek 10th Annual Summer Volleyball Camp June 6-June 10, 2011



Please mail registration form and check to Indian Creek High School by May 30<sup>th</sup> or email [scrutche@kidsroe.org](mailto:scrutche@kidsroe.org) and bring your completed registration form with check for the camp fee on the first day of camp.

**CAMP OVERVIEW:**

Indian Creek Volleyball would like to invite you to the 10th Annual Summer Volleyball Camp.

Jr. Varsity and Elite Campers may be evaluated by video for more effective learning.

At the youth camp the net is lower and the ball is softer for more control and success.

**CAMP WILL INCLUDE:**

Provide technical instruction to teach and refine the six fundamental volleyball skills

Defense Concepts: rotational, middle back/up

Teach offensive and defensive systems, rotations and service reception patterns

Overall conditioning along with teaching an advanced understanding of the game

**PARTICIPANTS:**

Plan to arrive fifteen minutes early first day of camp

Please wear a sturdy pair of athletic shoes, shorts or spandex and a T-shirt.

Each camper will receive a t-shirt.

**If you have more than one child attending, please take \$10.00 off the total price for each additional child.**



# Camp Levels

## Youth Volleyball

K - 4th Grade (Girls & Boys)  
3: 00– 4:30 p.m.  
**\$35.00**



## Junior Volleyball

5th - 7th Grade  
3: 00– 4:30 p.m.  
**\$40.00**



## Jr. Varsity Volleyball

8th - 9th Grade  
8:00 - 10:30 a.m.  
**\$45.00**



## Elite Volleyball

10th - 12th Grade  
1:00 - 3:00 p.m.  
**\$50.00**

### Specialty Camps Setters Mon- Thurs

8th - 9th Grade 10:30 - 11:30 a.m. <b>Cost: \$30.00</b>	10th - 12th Grade 11:30-12:45a.m. <b>Cost: \$30.00</b>
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### Hitters Mon- Thurs

8th - 9th Grade 10:30 - 11:30 a.m. <b>Cost: \$30.00</b>	10th - 12th Grade 11:30-12:45a.m. <b>Cost: \$30.00</b>
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Please mail registration by May 30th or email the coach and bring the form to the 1st day of camp.

**Camp will be held at  
Shabbona Elementary School**

<p><b>Make Checks Payable to:</b> Indian Creek High School Volleyball</p>	<p><b>Mail To:</b> Stephanie Crutcher 506 South Shabbona Road Shabbona, IL 60550 815-824-2197 scrutche@kidsroe.org</p>
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**Name :** \_\_\_\_\_

**Street :** \_\_\_\_\_

**City :** \_\_\_\_\_ **Zip :** \_\_\_\_\_

**Phone :** \_\_\_\_\_ **Birth Date :** \_\_\_\_\_

**School :** \_\_\_\_\_ **Grade Next Fall :** \_\_\_\_\_

**Emergency Contact and Number:** \_\_\_\_\_

	Sign up according to Grade Next Fall	Sessions	Price
<input type="checkbox"/>	Youth Volleyball Camp (K - 4th)	1	\$35.00
<input type="checkbox"/>	Junior Volleyball Camp (5th-7th)	1	\$40.00
<input type="checkbox"/>	Jr. Varsity Camp (8th-9th)	1	\$45.00
<input type="checkbox"/>	Elite Camp (10th-12th )	1	\$50.00
<input type="checkbox"/>	Setters or Hitters Camp (Circle)	S H	\$30.00
<b>Packages (circle the specialty)</b>			
<input type="checkbox"/>	Jr. Varsity Plus Setters or Hitters	1	\$60.00
<input type="checkbox"/>	Elite Plus Setters or Hitters	1	\$65.00
<b>Circle One</b>			
Youth T-Shirt Size		M L XL	
Adult T-Shirt Size		S M L XL XXL	

I waive and release the camp, school district, instructors and board of education from any and all liabilities from any injuries and/or illness incurred while at camp. I will assume full responsibility for the cost of medical treatment if that becomes necessary.

Parent/Guardian Signature \_\_\_\_\_ Date \_\_\_\_\_

<b>Office Use:</b>	
<b>Total:</b> _____	<b>Payment #</b> _____