

CAMPS:

Week 1: **NEW DATES**

Monday July 12 thru Friday July 16

Week 2:

Monday August 16 thru Friday August 20

Times: Both Weeks

Doors Open at 7:30am,

Camp **Starts at 8:30am**,

Lunch at 11:30, Day **Ends at 2:30**

Cost: \$185.00 per week

\$300.00 for both

Campers: Girls Entering

Grades 5 thru 9 in the Fall of 2010

**Girls Entering Grades 1 thru 4 in the
Fall of 2010 Youth ½ Day Option**

Contact Coach Joe at

shamrockvb@comcast.net for details



GENERAL SKILLS CLINICS:

Mon. and Wed. Night Clinics

Start on Monday June 28

Conclude on Wednesday August 11

Total of 14 nights over 7 weeks

2 hours per night 6pm-8pm

Covering All Volleyball Skills

Cost:

\$120.00 for 10-14 nights

\$80.00 for 6 nights

plus \$15.00 per additional night.

Campers:

Girls Entering Grades 7-12

in the Fall of 2010



2010 Shamrock Volleyball Camps, & Clinics & Training



Shamrock Volleyball
is proud to support
Breast Cancer
Awareness.

**CAMPS, CLINICS , SETTER
and SKILL Training sessions
are held on the campus of
BISHOP FEEHAN
HIGH SCHOOL *****

*** Bishop Feehan High School is the site
used by Shamrock Volleyball, but is not a
sponsor of or legally responsible for the
activities, coaches and staff of
Shamrock Volleyball Camp and Clinics.

Contact Information

Director Joe Reardon

jreardon@bishopfeehan.com

shamrockvb@comcast.net

www.shamrockvolleyball.com



Setters Training:



Mon and Wed Nights

Start on Monday June 28

Conclude on Wednesday August 11

Total of 14 nights over 7 weeks

1 hour per night 5pm-6pm

Focusing on Setting Skills

Cost: \$65.00 per camper

Girls Entering Grades 7-12 in the
Fall of 2010



Specific Skills Training:



Mon and Wed Nights

Start on Monday June 28

Conclude on Wednesday August 11

Total of 14 nights over 7 weeks

1 hour per night 5pm-6pm

Focusing on 2 or 3 Specific Skills
& Proper Technique each night.

Cost: \$65.00 per camper

Girls Entering Grades 7-12 in the
Fall of 2010



Individual and Group Training:



Contact Coach Joe Reardon at

shamrockvb@comcast.net or

774-406-1482 to discuss options



CAMP WEEKS



What to Bring??

- Sneakers (Court or Cross Trainers are OK)
- Water Bottle
- Bag Lunch
- Sun Screen (outdoor courts are available)
- Money (additional drinks, snacks, camp store)

What to Wear??

- Athletic Shorts (spandex shorts)
- T-Shirt
- Kneepads (if you have them)
- Socks & Sneakers
- Theme Days

College/Pro Sports Day **WACKY WEDNESDAYS**
 Team Color Day Camp T-Shirt Day



Camp Objectives!!!!

Teach Volleyball Skills

Forearm Passing, Serving, Setting (Overhead Pass),
 Attacking, Blocking, Digging

Teach Volleyball Game Skills

Defenses (movement and position), Transition from
 Offence to Defense, Spot Serving (Where & Why)
 Passer to Setter to Hitter Responsibilities,
 Attacking open spots, control shots.

Skills Challenges

Target Serving
 Spot Hitting
 Target Passing
 Speed and Quickness
 Vertical Jump



Camp Features!!!

TIVO
 Camper Awards
 Camper of the Week
 Videos
 Camper Evaluations



DIRECTOR Joe Reardon

Coach Reardon has been running camps at Bishop Feehan for over 10 years, growing from 1 week with 6 girls, to over 80 girls attending one or both weeks now offered. Many former Feehan players return each summer to coach at the camps, assisted by current team members, the girls provide the campers with a great learning experience. Coach Joe had worked camps at New Bedford HS and Wheaton College prior to running Shamrock Volleyball Camps at Bishop Feehan.

As a member of the MGVCA, AVCA and USA Volleyball, Coach Reardon attends coaching seminars every year looking for new and exciting ways to bring the game of volleyball to the athletes at the camps. Joe has been active in volleyball for over 20 years, first as a player in NERVA/Yankee tournaments then getting certified as an official to finally becoming a coach. IMPACT and CAP 1 coaching certified in the early 90's while coaching with Coastal Volleyball Club, Coach Joe took over as the Head Coach at Bishop Feehan in the fall of 1993.

2009 Varsity Girls Volleyball Team

Head Coach Joe Reardon
 17th Season (272-90)

2009 Record 16-6 EAC Champs 6-0

7th Consecutive EAC Title
 16th Consecutive Tour. Appearance

2002, 2005 & 2009 So Sec Finalists

2008 D 2 South Sectional Champions

REGISTRATION FORMS Please Mail to:

Shamrock Volleyball
 Coach Joe Reardon
 70 Holcott Drive
 Attleboro MA 02703

CLINIC NIGHTS

What to Bring??

- Sneakers (Court or Cross Trainers are OK)
- Water Bottle
- Money (additional drinks, snacks, camp store)

What to Wear??

- Athletic Shorts (spandex shorts)
- T-Shirt
- Kneepads (if you have them)
- Socks & Sneakers



Clinic Objectives!!!!

Our Clinics are open to athletes with varying skill levels. We try to group athletes of similar skill levels together so that they may learn as much as possible during the clinics.

Teach Volleyball Skills

Forearm Passing, Serving, Setting (Overhead Pass),
 Attacking, Blocking, Digging

Teach Volleyball Game Skills

Defenses (movement and position), Transition from
 Offence to Defense, Spot Serving (Where & Why)
 Passer to Setter to Hitter Responsibilities,
 Attacking open spots, control shots.

Clinic Coaches!!!

Tom Wikiera, Richard Casali, Kate Corcoran,
 Kaitlyn Burlone, Kerin DeGirolamo, Ashlyn Kelly
 have all recently worked at our
 Mon and Wed night clinics.

We are always looking for coaches to work our Clinics. From the young rookie coach to the experienced veteran coach we can all learn from each other and teach the game of volleyball.

Look for Lysa Sim, Steph Whooten,
 Jackie Atkinson, Rossi Fish and maybe
 some others to join us in the summer.