

Coaching Staff



As one of the most well-respected coaches in the game today, **Michigan State Head Coach Cathy George** has seen the Spartans ascend to one of the elite programs in the country. In her 13 years on the MSU sideline, she has amassed more than 251 victories making her the winningest coach in MSU history. In addition, her teams have made 10 NCAA Tournament appearances, the most recent of which had the Spartans competing in the Elite Eight.

The Michigan State Spartans Volleyball coaching staff invites you to improve your total game this summer in beautiful East Lansing, Michigan. For

30 years, Head Coach Cathy George, has offered highly effective camps that are both organized and well-supervised. Spartan pride is evident in high-quality camp coaches and in providing each camper exceptional instruction with full involvement of the Spartan coaching staff. Each camp is designed to help personal improvement in the areas of skill development, strategies, and game understanding.

Head Coach Cathy George, Assistant Coach Kristen Kelsay, and Assistant Coach Jesse Ortiz combine 40 years of coaching experience to create a positive climate conducive to learning and advancing in the game. These college coaches are very effective teachers and believe that enjoyment is an important part of the process for each camper as they are challenged to become their best.



College Prep Camp, July 14 » Grades 9-12 • 9a - 4p • Check-in at 8:30a in Jenison Fieldhouse • \$160

This camp reaches out to high school athletes who are looking to improve their skills for their respective high school teams, club teams, and those who want to play at the next level. We designed this camp to emulate Spartan drills, skills, and culture that you will be able to take back to your teams in the fall. We will focus on six major skills (passing, setting, blocking, defense, serving, and attacking) and incorporate speed, team systems, and strategies to broaden your knowledge and skill set for the game. This camp is targeted at those who play high school volleyball, club volleyball, and/or want to continue to play at the next level. Lunch is provided.

Competitive Team Camp, July 15-17 » Grades 9-12 • Check-in at 12p in Munn Ice Arena • \$265 com, \$325 Res

Please check with your HS Coach to ensure that they have reserved a spot for your team through the MSU Volleyball Office (517-353-1756) before enrolling. Designed to allow teams to grow and improve through match experience. Campers can expect to play in 15+ competitions during camp against many different high school teams from Michigan and the surrounding states. Teams will compete against other teams of equal talent level and will be challenged throughout the entire 3 day camp. Individual skill sessions, coached by MSU Coaches and players, will be held to help fine-tune setting, attacking, and defensive skills. Teams should have 8-10 members each. MSU provides room and board for 1 coach per team. Each additional coach requires a \$80 fee to cover meals and room and board. Coaches should have each team member enroll online individually after their team has been registered with MSU Volleyball Office (517-353-1756).

Shootout Team Day Camp, July 15-17 » Grades 9-12 • Check-in at 1p in Jenison Fieldhouse • \$165

New in 2012, the Shootout option of the Competitive Team Camp provides teams with a chance to compete in the 3-day tournament with 30+ area high schools without breaking the bank. Teams that join the shootout can expect to play 15-20 competitions over the 3 days (afternoon and evening sessions) and have equal chance to be crowned tournament champs as teams that join the competitive team camp. This option does NOT include meals or overnight stay on campus, or morning session of each day as it is a competition-only option. Teams should have 8-10 members each. Coaches should have each team member enroll on-line individually after their team has been registered with MSU Volleyball Office (517-353-1756).

General Skills Day Camp, July 19-21 » Grades 5-12 • 9a - 4p daily • Check-in at 8:30a in Jenison • \$265

This camp is designed for players that want to improve their skills (passing, setting, defense, serving, blocking, and attacking) through fast-paced drills and on court instruction by the Spartan Volleyball staff. Open to athletes grades 5-12 and grouped according to age and skill level, athletes will be exposed to team systems that will help prepare them for school, club and college programs. This camp is commuter only. Lunch provided daily.

All Skills Overnight Camp, July 22-24 » Grades 5-12 • Check-in at 12p in Munn Ice Arena • \$350

This camp is designed for the player that wants to improve in passing, setting, defense, serving, blocking, and attacking. Under the direct supervision of the Spartan Volleyball staff, athletes will train in a highly-competitive environment and will gain the skills necessary to prepare them for school, club and college programs. Open to athletes ages 12 and up and grouped according to age and skill level. This camp is resident only.

***For more information or to register online visit sportcamps.msu.edu or call the volleyball office at (517) 353-1756**

The Volleyball Camp Application

Please print information below or enroll online at: sportcamps.msu.edu

Name _____

Address _____

City _____ State _____ Zip _____

Parent or Guardian _____

Daytime Phone _____ Evening Phone _____

Email _____

Grade in September: _____ Age: _____

Sex: _____ Date of Birth: _____ Ht: _____ Wt: _____

School: _____ **REQUIRED FOR TEAM CAMP**

Club team if applicable: _____

Position: _____

Must be 12 years old to spend the night.

Roommate preference: _____

Adult Shirt Size: S M L XL XXL

Please enroll me in the following Volleyball Camp:

Date	Camp	Resident	Commuter
JULY 14	College Prep Camp	----	<input type="checkbox"/> \$160.00
JULY 15-17	Competitive Team Overnight/Day Camp	<input type="checkbox"/> \$325.00	<input type="checkbox"/> \$265.00
JULY 15-17	Shootout Team Day Camp	----	<input type="checkbox"/> \$165.00
JULY 19-21	General Skills Day Camp	----	<input type="checkbox"/> \$265.00
JULY 22-24	All Skills Overnight Camp	<input type="checkbox"/> \$350.00	----

**U.S. FUNDS ONLY.
Please make checks payable to:
MICHIGAN STATE UNIVERSITY**

Check one:

Check Mastercard VISA Discover American Express

Card Number _____

3 Digit Security Code _____ Exp. _____

Amount of Check/Charge Enclosed _____

Signature _____

Medical Treatment Authorization Form

Participant's Name _____ DOB: ____/____/____

What Sport: **Volleyball**

Date of Camp: _____

Participants are automatically enrolled in MSU's accident insurance plan. Eligible covered expenses will be paid only if they are in excess of other valid and collectible insurance.

1. List any medical conditions that camp personnel should be aware of (use additional pages if necessary):

2. List any medications currently taking:

3. List any allergies:

In case of emergency please contact:

Name _____

Daytime Phone _____ Evening Phone _____

Insurance Information:

Name of Medical Insurance Company _____ Insurance Company Telephone _____

Name of Insurance Policy Holder _____ Policy Holder DOB _____

Medical Insurance Policy Number _____ Medical Insurance Group # (if appl) _____

_____, as parent or legal guardian of the participant named above, authorizes MSU to seek medical and/or surgical treatment which is reasonably necessary to care for the participant. I further authorize the medical facility that treats the participant to release all information needed to complete insurance claims. I acknowledge my responsibility to pay all costs associated with the participant's medical care and authorize all insurance payments, if any, to be made directly to the medical facility.

Signature (Parent or Guardian) _____ Date _____

Send Application, Medical Treatment Form, and signed Concussion Form on reverse with payment in full to:

**MICHIGAN STATE UNIVERSITY
Sports Camp Office
535 Chestnut Rd, W239
Spartan Way, East Lansing, MI 48824
Fax: 517-355-6891**

CONCUSSION DANGER SIGNS



In rare cases, a dangerous blood clot may form on the brain in a person with a concussion and crowd the brain against the skull. An athlete should receive immediate medical attention if after a bump, blow, or jolt to the head or body s/he exhibits any of the following danger signs:

- One pupil larger than the other
- Is drowsy or cannot be awakened
- A headache that gets worse
- Weakness, numbness, or decreased coordination
- Repeated vomiting or nausea
- Slurred speech
- Convulsions or seizures
- Cannot recognize people or places
- Becomes increasingly confused, restless, or agitated
- Has unusual behavior
- Loses consciousness (even a brief loss of consciousness should be taken seriously)

WHAT SHOULD YOU DO IF YOU THINK YOUR ATHLETE HAS A CONCUSSION?



1. If you suspect that an athlete has a concussion, remove the athlete from play and seek medical attention. Do not try to judge the severity of the injury yourself. Keep the athlete out of play the day of the injury and until a health care professional, experienced in evaluating for concussion, says s/he is symptom-free and it's OK to return to play.
2. Rest is key to helping an athlete recover from a concussion. Exercising or activities that involve a lot of concentration, such as studying, working on the computer, and playing video games, may cause concussion symptoms to reappear or get worse. After a concussion, returning to sports and school is a gradual process that should be carefully managed and monitored by a health care professional.
3. Remember: Concussions affect people differently. While most athletes with a concussion recover quickly and fully, some will have symptoms that last for days, or even weeks. A more serious concussion can last for months or longer.

WHY SHOULD AN ATHLETE REPORT THEIR SYMPTOMS?



If an athlete has a concussion, his/her brain needs time to heal. While an athlete's brain is still healing, s/he is much more likely to have another concussion. Repeat concussions can increase the time it takes to recover. In rare cases, repeat concussions in young athletes can result in brain swelling or permanent damage to their brain. They can even be fatal.

STUDENT-ATHLETE NAME PRINTED

STUDENT-ATHLETE NAME SIGNED

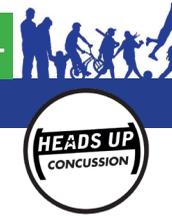
DATE

PARENT OR GUARDIAN NAME PRINTED

PARENT OR GUARDIAN NAME SIGNED

DATE

PARENT & ATHLETE CONCUSSION INFORMATION SHEET



WHAT IS A CONCUSSION?



A concussion is a type of traumatic brain injury that changes the way the brain normally works. A concussion is caused by a bump, blow, or jolt to the head or body that causes the head and brain to move quickly back and forth. Even a "ding," "getting your bell rung," or what seems to be a mild bump or blow to the head can be serious.

WHAT ARE THE SIGNS AND SYMPTOMS OF A CONCUSSION?



Signs and symptoms of concussion can show up right after the injury or may not appear or be noticed until days or weeks after the injury.

If an athlete reports one or more symptoms of concussion after a bump, blow, or jolt to the head or body, s/he should be kept out of play the day of the injury. The athlete should only return to play with permission from a health care professional experienced in evaluating for concussion.

DID YOU KNOW?

- Most concussions occur without loss of consciousness.
- Athletes who have, at any point in their lives, had a concussion have an increased risk for another concussion.
- Young children and teens are more likely to get a concussion and take longer to recover than adults.

SYMPTOMS REPORTED BY ATHLETE:



- Headache or "pressure" in head
- Nausea or vomiting
- Balance problems or dizziness
- Double or blurry vision
- Sensitivity to light
- Sensitivity to noise
- Feeling sluggish, hazy, foggy, or groggy
- Concentration or memory problems
- Confusion
- Just not "feeling right" or is "feeling down"

SYMPTOMS OBSERVED BY COACHING STAFF:



- Appears dazed or stunned
- Is confused about assignment or position
- Forgets an instruction
- Is unsure of game, score, or opponent
- Moves clumsily
- Answers questions slowly
- Loses consciousness (even briefly)
- Shows mood, behavior, or personality changes
- Can't recall events prior to hit or fall
- Can't recall events after hit or fall

"IT'S BETTER TO MISS ONE GAME THAN THE WHOLE SEASON"



* MSU Volleyball players will serve as camp counselors

JOIN THE CONVERSATION » www.facebook.com/cdcHeadsUp

TO LEARN MORE GO TO » www.cdc.gov/concussion

Content Source: CDC's Heads Up Program. Created through a grant to the CDC Foundation from the National Operating Committee on Standards for Athletic Equipment (NOCSAE).

