**Southwest Minnesota State University**

**Team Camp**

**TEAM CAMP HANDBOOK**

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**Welcome!**

On behalf of the SMSU volleyball coaching staff, the Mustang volleyball players, and our entire camp staff, we’d like to take this opportunity to welcome you to the 2021 SMSU Volleyball Team Camp. This is the 17th annual Mustang Team Camp and we hope to make this a positive camp experience for all of the teams in attendance. There will be 32 teams taking part in this years’ event. Teams from Minnesota, Iowa, Wisconsin, North Dakota, and South Dakota have committed to the camp this year.

Many Team Camps are about just tournament play. In addition to providing a quality tournament experience, we hope to deliver valuable skill development, training time, and practice waves with knowledgeable coaches, as well as ample competitive situations for your team throughout the week.

Please let a member of the camp staff know if there is anything you need assistance with at any time. One of our camp goals again this year is to try to accommodate to the participants in any way we can. Thanks for choosing the SMSU Team Camp. We hope this camp is as enjoyable for you as it has been for the Mustangs over the years. Let’s play volleyball!

 SMSU VOLLEYBALL FAMILY

**Important Camp Information**

**Important Camp Phone Numbers**

 Alex Boddy (Camp Administrator)………………………………608-957-1977

 Terry Culhane (Head Coach SMSU)……………………………..507-829-5919

 Tyler Boddy (Assistant Coach SMSU)…………………………...507-217-7668

 Dan Westby (MHS site)…………………………………………..507-828-9529

**Camp Sites/Addresses**

**Southwest Minnesota State (RA Facility & PE Gymnasium):** SMSU is located at the northwest intersection of Minnesota Highways 19 & 23. The address for SMSU is 1501 State Street; Marshall, MN 56258. When arriving on campus, it is probably best if your group parks in the large parking lot along Mustang Trail, next to the RA Facility. This should allow your group easy access to the RA Facility as well as the PE Gym.

**Marshall High School:** MHS is located at the northeast intersection of Minnesota Highways 19 & 23. The address for MHS is 400 Tiger Drive; Marshall, MN 56258. When you arrive at MHS, find the round parking lot on the southeast side of the school in front of the Gymnasium entrance. Your group should be able to enter the gym through those doors.

**Camp Check-in**

Like most camps you’ll find, we’ve attempted to go as paperless as possible. Through our website and email communications with team coaches, most of you probably have registered properly. For those teams that have not finalized the registration process, there are two options: 1) Players are encouraged to take advantage of the early camp check-in time on Sunday evening from 7:00 to 8:00 pm. The normal check-in time is 8:00 to 8:30 am on Monday. We will meet as coaches in the PE Gym at 8:45am on Monday morning to go over the camp schedule!

**Camp Courts**

There are 15 courts available for the camp. They are as follows:

Courts 1-8 --- SMSU RA Facility

Courts 9-11 --- SMSU PE Gymnasium

Courts 12-15 --- MHS North & South Gymnasiums

**Camp Office – “The Paddock”**

The camp office or *The Paddock* is where coaches and players can obtain information regarding upcoming schedules, etc. will be located just inside the RA Facility. The Paddock is open at least one hour before all morning sessions. The Paddock will open in the morning and remain open for the remainder of the day until the end of each evening session. Most camp questions can be answered by Alex in The Paddock. Camp staff members will touch base with all team coaches and distribute schedules for the next session. If additional schedules are needed, they can be picked up at The Paddock.

**Meals**

Lunch will be provided by SMSU during lunch each day. All lunches will be served in the “spine” area that extends from the RA Facility to the PE Gym on the SMSU campus. Teams are responsible for getting to that area during their scheduled lunch period. If teams choose to eat at another location, they will be responsible for absorbing the cost of those meals. Please let the SMSU staff know a day in advance if your team knows it will not be eating lunch at SMSU the following day.

Teams are responsible for securing all other meals for themselves. If teams would like information regarding restaurant/eating choices in Marshall, please feel free to ask a camp staff member. Please help our staff and keep all facilities clean after your team is done eating.

**Trainers**

The SMSU training staff is available for assistance. Please do not hesitate to see them if injuries occur. If there is not a trainer available, please contact a SMSU camp staff member for assistance. Ice is available at all sites. Please ask for assistance with ice.

**Camp Store**

There will be a camp store available at the SMSU site only. The camp store is located in the RA Facility next to The Paddock. The store offers a variety of items including several different styles of SMSU volleyball t-shirts. Sport drinks are also for sale in the camp store.

**Tentative Team Camp Schedule**

**Monday Session 8:00 am – 8:30 pm**

8:00 am Registration until 9:00 am

9:05 am Welcome Coach Culhane – Intro Staff – Schedules

9:20 am Large Group Warm-up

9:30 am Skill Training (passing & serving)

11:00 am Travel Time

11:10 am First Wave – 50 min. Team Practice/Lunch

12:00 pm SMSU Coaches Lunch

1:00 pm Second Wave – 50 min. Team Practice/Lunch

2:00 pm Session 2 – Competitive Games

4:00 pm Dinner Break

 6:30 pm 6 on 6 Games, “Rally Master”

**Tuesday Session 9:00 am – 8:30 pm**

9:00 am Skill Training (review passing & serving)

9:45 am Skill Training (setting)

10:15 am Team Systems

11:00 am Travel Time

11:10 am First Wave – 50 min. Team Practice/Lunch

12:00 pm SMSU Coaches Lunch

1:00 pm Second Wave – 50 min. Team Practice/Lunch

2:00 pm Session 2 – Competitive Games

4:00 pm Dinner Break

 6:30 pm 6 on 6 Games, “Rally Master”

**Wednesday Session 9:00 am – 8:30 pm**

9:00 am Stations

9:45 am Skill Training (setting/attacking)

10:15 am Team Systems

11:00 am Travel Time

11:10 am First Wave – 50 min. Team Practice/Lunch

12:00 pm SMSU Coaches Lunch

1:00 pm Second Wave – 50 min. Team Practice/Lunch

2:00 pm Session 2 – Competitive Games

4:00 pm Dinner Break

 6:30 pm 6 on 6 Games, “Rally Master”

**Thursday Session 9:00 am – 3:00 pm**

9:00 am Tournament

9:45 am First Round Tournament Play

10:30 am Second Round Tournament Play

11:30am Lunch (all teams should go to lunch when finished with Round 2)

12:30 pm Round 3 Tournament Play

1:15 pm Round 4 Tournament Play

2:00 pm Final Round Tournament Play

**Team Camp Daily Schedule Grid**

Throughout camp your team with either be assigned a letter or a number. That letter or number will be applied to the Daily Schedule Grid. Prior to the first session on Monday, a coach or a team representative should stop by the office (*The Paddock*) in the RA Facility at SMSU and receive their schedule for the day. That schedule will list the court(s) you should report to. Teams will receive their evening court assignments at the end of the afternoon schedule. Teams will receive their court assignments for the next day at the end of each evening session. Remember, teams may be scheduled to play at either SMSU, or MHS. Teams should try to be at their site at least 15 minutes prior to the start of the scheduled session.

For Monday and Tuesday the first part of the schedule will list where teams will be assigned for their skill sessions. On Wednesday, that time will used for station training. The afternoons on Monday, Tuesday, and Wednesday teams will be slotted into courts for competitive wash games. The afternoon on Thursday will feature the conclusion of tournament play. In the evening sessions teams will be assigned courts for 6 on 6 matches. On Monday – Wednesday nights teams will usually play 7 minute Rally Master contests (win you move up, lose you move down). There will be no matches on Thursday evening. Following the evening session on Wednesday, all team coaches or team representatives will receive a tournament schedule. The tournament will begin Thursday morning. All teams will play a minimum of three matches during tournament play.

Lunches for each team will be scheduled in. Lunch will be available to teams back in the RA Facility at SMSU. There is a 30 minute period scheduled each day from 12:15 to 12:45 for travel and to allow for the camp staff to have lunch.

Additional schedules will always be available at The Paddock. Any coaches with questions regarding the schedule should see Alex, Tyler, or Terry. If they are not available try to find another camp staff member to assist you.

(see the following page for a sample of the daily schedule)

**SMSU VOLLEYBALL TEAM CAMP SCHEDULE**

SAMPLE

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| ***Monday*** | ***RA Facility (SMSU)*** | ***PE Gym (SMSU)*** | ***High School*** | ***MMS*** |
|  | **Times** | **Ct 1** | **2** | **3** | **4** | **5** | **6** | **7** | **8** | **9** | **10** | **11** | **12** | **13** | **14** | **15** | **16** | **17** |
| Session 1 | 9-11am | N O  | P S  | T U | F R 11 | C G 10 | 8 9 | 6 7 | 4 5  | H J | D E  | A B  | K M | L V | X Z | 2 3 | Q W | Y 1 |
| 1st Wave Pract/Lunch | 11:15-12:15 | N | P | T | F R | C | 8 | 6 | B | H | D | A | K  | L | X | 2 | Q  | Y |
| 2nd Wave Pract/Lunch | 12:45-1:45 | M | V | Z | 3 | 10 11 | 7 | J | 4 | W | 1  | E | O | S | U | G | 9 | 5 |
| Session 2 | 2:00-4:00 | V Z  | W 1 | X Y | T N | A C M | B D | E J | K L | 11 10 | 7 4 | 2 3 | Q R | O P | S U | F G H | 9 5 | 6 8  |
| Evening | 6:30-8:30 | TBA | TBA | TBA | TBA | TBA | TBA | TBA | TBA | TBA | TBA | TBA | TBA | TBA | TBA | TBA | TBA | TBA |
|  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
|  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| ***Team*** | A | Mustangs | N | Canby | Z | Wabasso |  |  |  |
| ***Codes*** | B | Rochester Mayo | O | Sartell St. Stephen | 1 | Chippewa Falls |  |  |  |
|  | C | Stewartville | P | Jamestown | 2 | Southwest MN Christian |  |  |  |
|  | D | Kenyon-Wanamingo | Q | MACCRAY | 3 | St. Peter |  |  |  |
|  | E | STMA | R | Marshall Orange | 4 | Red Wing |  |  |  |
|  | F | Marshall Black | S | Big Lake | 5 | New Ulm Cathedral |  |  |  |
|  | G | Grand Rapids | T | Cannon Falls | 6 | Kimball |  |  |  |
|  | H | Elk River | U | Red Rock Central | 7 | Redfield-Doland |  |  |  |
|  | J | Owatonna  | V | Northwestern, SD | 8 | Hitchcock-Tulare |  |  |  |
|  | K | Hutchinson | W | YME | 9 | Elkton-Lake Benton |  |  |  |
|  | L | Hayfield | X | Fargo Oak Grove | 10 | Harris Lake Park |  |  |  |
|  | M | Warner | Y | Nevis | 11 | Marshall White |  |  |  |

**SMSU Team Camp Afternoon Games/Contests**

**Speed Volleyball**

* Queen of the court format (4 on 4).
* 5-7 minutes on the clock.
* No moving from one side of the net to the other. Stay on your side.
* Team winning the point keeps their 4 players on, team losing the point puts 4 new players on.
* Team that loses the point, serves the next ball.
* Hint --- if your team lost, do not wait for the winning team to get ready. Serve fast so they have to scramble to get ready to play again.

**Down and Done**

* 6 on 6.
* Regular volleyball play.
* 5-7 minutes on the clock. Play as many games as possible within allotted time.
* Regular volleyball rules.
* Play to five points, do NOT have to win by two.
* If at any time the ball hits the floor without a touch for a point, the team that was scored on automatically loses that game regardless of the score.
* Example: If a team is ahead 4-0 but they give up an attack to the team that is behind and fail to touch the ball with a block or dig attempt, they team that won the point is also the game winner.
* This game includes ace blocks that hit the floor without a cover contact, etc.

**Blood in the Water**

* 6 on 6.
* 5-7 minutes on the clock. Play as many games as possible within allotted time.
* Regular volleyball play.
* Score is 18-18.
* From 20 to 25 points a team cannot make an attacking error or a serving error (into the net, out-of-bounds, or into the antennae).
* If there is an attack error or a service error after 20 pts., the team committing the error goes back to twenty.

**Greed**

* 6 on 6
* Each team begins with five volleyballs on their side of the net (side-line or bench).
* There is an additional ball used by the servers to begin the game.
* Regular volleyball rules.
* Each time a wins a point, they get one ball from the opponent.
* Play until one team has all of the balls.

**Vegas**

* 6 on 6
* Game is played to 21.
* Coach enters free balls or down balls or free balls.
* Alternate entering balls to the two sides of the net---a total of seven times.
* Example: After the seven balls that were entered, Team A has 5 pts., Team B has 2 pts. Team A now gets to choose if they want to serve or receive to the next ball. Whichever team wins that point gets all seven of the points from the previous balls entered.
* First team to 21 wins.

**Penalty Box**

* 6 on 6
* Play to 15 or 25 points.
* Regular volleyball rules/play.
* If a player makes an error (e.g. serving, passing, setting, attacking error), that player is then removed from the court and goes to the Penalty Box and the team would then play with one less player on the court.
* If a team has players in the Penalty Box, they can take players out of the box and have them back on the court after they record a kill.
* If a team is down to one player on the court, that player can pass, set, attack by themselves. If that player records a point, her five teammates all get to come back on the court.

**Tug of War**

* 6 on 6
* 5-7 minutes on the clock. Play as many games as possible in the allotted time.
* Regular volleyball rules/play.
* Both team begin at 3 points.
* Team A is going “up” in score and they are trying to get to 6 points. Team B is going “down” in score and trying to get down to zero.
* First team