

CAMP STAFF

CO-DIRECTOR/OWNER

LINDSAY BIRCH finished her 18th season as Head Coach at CNU by leading her team to the school's 13th consecutive trip to the NCAA Tournament. The 2019 season ups Birch's overall record to 548-132 (.81 winning %) and conference record to 223-11 (.95 winning %). Birch, a Williamsburg native and Bruton High School graduate, is the winningest coach in CNU Volleyball history and has paved the way for countless program firsts and school records. A Hall of Fame player in her own right, Birch has been a part of nearly all the turning points in CNU Volleyball history.



CONTACT INFO: captainsvolleyballcamp@gmail.com, 757-286-2392

The Birch Era...

- 🏆 2011 NCAA Runner-up & 2012 NCAA Final Four
- 🏆 3 NCAA Elite Eight appearances in 2009, 2010 & 2014
- 🏆 15 regular season Conference Championships
- 🏆 15 Conference Tournament Championships
- 🏆 Undefeated in conference play '07-'16
(138 match conference win streak, 4th longest in NCAA Volleyball history)
- 🏆 2-time AVCA Region Coach of the Year
- 🏆 12-time Conference Coach of the Year
- 🏆 11-time VaSID Virginia State Coach of the Year
- 🏆 16 NCAA Tournament appearances in 18 seasons
- 🏆 Coached 32 All Americans & 12 Conference Player of the Year recipients

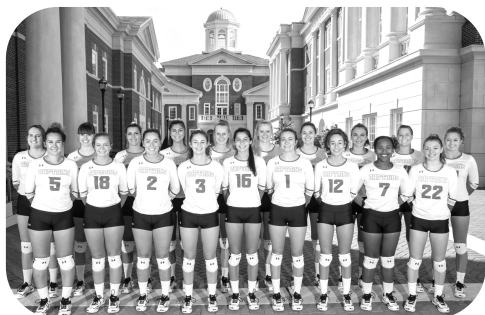
CO-DIRECTOR

CORY TAYLOR finished her 7th season as the top Assistant Coach & Recruiting Coordinator for CNU Volleyball. In her seven seasons as an Asst. Coach, Taylor helped the Captains win the Capital Athletic Conference six times and win an average of 29 matches. A four-year starter at Outside Hitter for the Captains from 2009-2012, Taylor enjoyed a remarkable playing career. She was named All Conference each of her four seasons and finished her time on the court with 1322 kills (5th all-time at CNU), 1320 digs (6th all-time at CNU), 4206 total attack attempts (3rd all-time at CNU), 545 sets played (2nd all time at CNU) and 163 total blocks. A Williamsburg native and Jamestown High School graduate, Taylor has been instrumental in the success of Captains Volleyball Camps over the past 11 years as a lead instructor, Assistant Director and currently the Co-Director.



CAMP STAFF

CURRENT & FORMER CNU VOLLEYBALL PLAYERS



CAPTAINS VOLLEYBALL CAMP
Lindsay Birch, Camp Director/Owner
102 Joel Lane
Yorktown, VA 23692

CAPTAINS VOLLEYBALL CAMP



TEAM CAMP

July 17-19, 2020

CAPTAINS VOLLEYBALL CAMP

TEAM CAMP: JULY 17-19

Gain valuable match play experience with your high school team. Light skill instruction with an emphasis on team play will help give your team the edge in the upcoming 2020 season. Our goal is to provide maximum game-like repetitions in a team setting and share our style of practice with coaches. Coaches will have the opportunity for a classroom session with the CNU staff and players will have the opportunity for Q & A with current CNU players.

BLUE PACKAGE

(Includes all meals, residence hall accommodations and camp t-shirts)

\$325 per camper, \$225 per coach

SILVER PACKAGE

(Includes lunch on day 2 & 3, dinner on day 1 & 2, and camp t-shirts)

\$275 per camper, \$175 per coach

WHITE PACKAGE

(Includes camp t-shirts)

\$200 per camper, \$125 per coach

Minimum of 7 players + 1 coach per team



COACH CHECKLIST

- 1) Print & complete this form for each team you are entering (i.e. one form for JV, one form for Varsity)
- 2) Mail the completed form(s) & deposit (per team) – Deposit amount = \$325 (BLUE), \$275 (SILVER), \$200 (WHITE)
- 3) You will receive an email confirming your registration. Attached to this email, you will receive the "Individual Player Information" sheets.
- 4) Print & distribute these "Individual Player Information" sheets to each of your players attending Team Camp.
- 5) Return ALL "Individual Player Information" sheets & balance by JULY 1ST, 2020, to avoid a late fee of \$100.

~RETURN TEAM CAMP REGISTRATION & DEPOSIT BEFORE MAY 1ST, 2020 & ONE COACH CAN ATTEND CAMP FOR FREE!~

Friday, July 17th

10am-11am BLUE package campers check-in at Residence Hall
 12:30pm-1pm High School Coaches Check-In meeting
 1:30pm-2pm Introduction/Demonstrations
 2pm-4pm Skill instruction & Team practice
 5pm-6pm Dinner in Dining Hall (BLUE & SILVER)
 6pm-6:30pm Team Defense instruction/demonstration
 6:30pm-8:15pm Tournament Play
 8:15pm-8:45pm Wacky Olympics

Saturday, July 18th

8:15am-9am Breakfast in Dining Hall (BLUE)
 9:30am-10:30am Position Training
 10:30am-12pm Tournament Play
 12pm-1pm Lunch in Dining Hall (BLUE & SILVER)
 1:30pm-4pm Team Practice & Tournament Play
 5pm-5:45pm Dinner in Dining Hall (BLUE & SILVER)
 5:45pm-6:15pm Coach Classroom Session, Player Q & A
 6:15pm-8:30pm Tournament Play
 8:30pm-9:15pm Skit night

Sunday, July 19th

8:15am-9am Breakfast in Dining Hall (BLUE)
 9am-9:15am Serving Contest
 9:30am-12pm Tournament Play
 12pm-1pm Lunch in Dining Hall (BLUE & SILVER)
 1pm-3pm Camp Tournament Playoffs

✓ Things to bring to camp

- Shorts/spandex
- Socks
- Sneakers
- Knee pads
- T-shirts

BLUE PACKAGE CAMPERS:

- Linens
- Pillow
- Bath towel
- Toiletries

(The Residence Hall will provide toilet paper, mini-fridge & microwave in each room)

SPACE IS LIMITED! SIGN-UP ASAP!

REGISTRATIONS ARE ON A FIRST COME, FIRST SERVED BASIS REGARDLESS OF PAST ATTENDANCE.



2021 CAMP DATES
 SKILLS CAMP – JULY 12-15, 2021
 TEAM CAMP – JULY 16-18, 2021



TEAM CAMP REGISTRATION

School _____

Coach/Team Rep _____

Coach Cell Phone _____

Coach Email _____

LEVEL OF PLAY (CIRCLE)

ADVANCED VARSITY

BEGINNER VARSITY

ADVANCED JV

BEGINNER JV

of players attending camp? _____

of coaches attending camp? _____

Team's record in 2019 _____

What other information should we know about your team?

CAMP PACKAGE (CIRCLE)

BLUE
\$325/camper
\$225/coach

SILVER
\$275/camper
\$175/coach

WHITE
\$200/camper
\$125/coach

Make checks payable to:

LINDSAY BIRCH, CAMP DIRECTOR
 102 Joel Lane
 Yorktown, VA 23692