

# Seekers Volleyball Camp 2016

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## Camp 2016 : Begins Next Week

Yes, we still have a few openings for our 2016 Summer Camp, celebrating our 100th camp since 1978. We're looking forward to seeing all of you this summer. Feel free to recommend our camp to a friend if you wish. We'd appreciate the support.

In this newsletter, you'll find all you should need to help you prepare for your week or two with us at St. Thomas More High School.

### Last Minute Notes :

**Lost and Found** : Help us to help you take everything home which you brought to camp. Please label everything you bring such as extra sweaters or tees, water bottles, etc.

**Drink, Drink, Drink** : We'll have water station available in both gyms. Please bring a water bottle and use it often. Although we're in an air-conditioned facility, you can still become dehydrated.

**Lunch** : Please bring a nut-free lunch, beverages and snacks each day. On Friday, we will provide you with all the pizza you can eat. On that day, please bring your own drink.



**What to wear** : We'll provide you with a camp tee shirt on Monday. We'll take a lot of photos so please wear your camp shirt as often as you can. Bring your running shoes and, if you wish, knee pads. These aren't a necessity.



# More things to help you prepare . . .

**Lunch Time Activities** : All campers are supervised during our lunch period. The Junior and Intermediate campers have the choice of a daily craft, an ongoing beads skills program and for some, games.

Senior Campers will be a little more focused on volleyball and will have the opportunity to play a variety of games during their lunch break. Of course, any Seniors who want to take part in any Junior/Intermediate programs, will be very welcome. If parents want their child to leave the area for any reason, please send along a short note showing your permission.



**When you arrive** : Please enter at the back of St. Thomas More High School, opposite the football field. The doors will be open soon after 8:00 am. We have been asked not to walk through the school either coming to or leaving camp.

**Photos** : As you know, we do take a lot of photos during the day, for use in our newsletters, website and slide shows. If you have a reason not to want photos of your child, please send a little note and our photographers will be vigilant.

**Going to be late or absent ?** Please call Jerry (905-512-4138) to let him know. If you can't get him, call Rob at 905-870-9568. We will let the coaches know.

## St. Thomas More Gym

As you likely know by now, St. Thomas More School is located on Upper Paradise Road, just North of Hwy 53 (Rymal Road)

Our daily program begins at 8:30 am and ends at 3:30 pm. The gym will be open by 8:00. Campers are most welcome to come in early to meet with their coaches and to get to know other campers in a very relaxed atmosphere.



**Happy Canada Day to All !**



## Is Camp for You?

With only a week to go before the start of our first week of camp, we're assuring you that skilled or unskilled, a novice or experienced athlete, we can help you in a fun atmosphere.

Don't be afraid that you're too young to learn this sport. We adjust the net height, ball weight and court size to accommodate our younger campers.

Young girls can learn the same skills as the older ones. They may not be as powerful, but they can still become pretty good players !  
**Seekers Website** : [www.seekersvolleyball.com](http://www.seekersvolleyball.com)

## Even more things to help you prepare . . .

**Parents** : Parents are most welcome to come in at any time. We just ask that you not disturb the coaches as they work with your child. These group leaders have a heavy workload and really can't take a break. However, all the adults in the gym will be most happy to explain any part of our program. Many parents come on Friday morning for the skits presentation at about 10:30 am. If you want to watch the tournaments, there's one every afternoon beginning a little after 2:00. On Friday, the final tournament begins at about 12:45. Closing ceremonies begin on Friday at about 2:40.



**Net Height** : We are often asked the same question. Why are the nets so low? When we were coaching competitive teams, our nets were always at least six inches lower than competition height. The girls could jump many more times without fatigue setting in. Stress on the knees and ankles was much reduced. They could also perfect their techniques, even at a young age. They learned to dig and block as the balls were coming much more quickly to them. We began this in the late 80's and since then, we have won many provincial and national championships. The girls never had a problem with the higher net. We're passing on this winning strategy to all who wish to listen.

## Nut-Free Camp

Here is another reminder that we are a nut-sensitive camp. We can't claim to be nut-free as we can't control this totally. However, we're asking that campers and parents do everything they can to help protect those campers who have an allergy to nut products. This year, we do have campers with a severe nut allergy.

Our snacks are chosen carefully and we ask that you do your best to keep food problems far away from our program. Prevention will sure beat the cure!



## Mr. Peet

For many years now, Mr. Bob Peet, a former teacher, principal and co-ordinator, has come for an hour to motivate our older athletes. His focus is always on balancing education with athletics. Mr. Peet will be here Thursday morning to show how sports can actually improve the academic lives of these young ladies.

## Need More ?

If you have any questions or need more information, please call Rob or send an email. We're looking forward to another great two weeks of Seekers Summer Camp.