

# Seekers Camp 2009

## Pre-Camp Newsletter for This Year's Campers



### Twenty-Four Years

Without a break, we're now entering our twenty-fourth year of Seekers Summer Camp. It's great to see how many of this year's group are returning campers. We'll do our best to keep all of you interested and learning new techniques. It's also great to see all of the first year campers in our lists. We're always happy to welcome all of you to our camp.

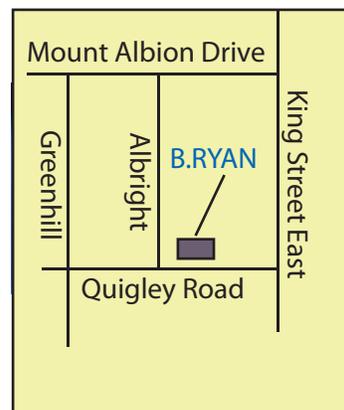


Pictured on the left is one of our coaches, Meghan Boyle. Meghan holds our all-time record of consecutive camps as a camper, player-coach and senior coach. This will be Meghan's EIGHTEENTH year without a miss!

Reminder : Week One begins July 6 at 8:30 am. Please come early for registration. Week Two will begin July 13.

### Camp Location and Times

**Bishop Ryan H.S.**  
50 Albright Road  
Hamilton, Ontario L8K 5J3



Again this year, camp will be held at Bishop Ryan High School, located in the east end of Hamilton, south of King Street at the corner of Quigley Road and Albright. Come in by the football field. Camp will run from 8:30 am until 3:30 pm. Please arrive anytime after 8:15 and be here for pickup at 3:30 sharp. Activities will be provided for all campers at lunchtime. For safety reasons, we would rather have all campers stay with us during lunch but if parents wish otherwise, please send a note.

# How Much Will You Get Out Of Camp?

Each camper will have one full week to get as much as she wishes. All coaches, adult and group coaches, are there to help throughout the camp. All you have to do is ASK! Don't be shy. We love questions and love helping all campers achieve their goals for the week.



## Coaching Staff

Once again this year, our group coaches are very experienced former players and campers who have spent many years passing on their knowledge to younger players. They have all shown outstanding attitude and coaching ability. They will do their best to make all campers feel comfortable and welcome throughout our camp. While a couple of our coaches are still in high school, most are either in university or have graduated from universities both in Canada and the United States.

Joining this outstanding group of young ladies will be eleven adults, all teachers or principals, active and retired.



## Camp Groupings

All campers will be grouped with others of their own age. Within each group will be varied skill levels and coaches will work hard to satisfy the needs of each member. It's our goal to introduce the campers to as many new friends as possible. With this in mind, campers will have a family group, a skills group and games teams which may change throughout the week. They may meet up with pre-camp friends in these groups or during lunch-time activities. For these reasons, we will not be able to entertain requests from parents asking that certain campers be grouped together. Trust us . . . This works!



## Lunch-Time Activities

All campers will eat lunch with their coaches. Once lunch is finished, there will be many activities available to campers who choose to join in. On Monday, all campers will be making a family banner. Following this, crafts and our beads skills program are available to all. For our older campers, lunch pick-up games will be organized for those with extra energy.

All campers are encouraged to take part in any activity which interests them. Campers who are not involved will be expected to be watching any of these activities. No camper is to enter the main part of the school or to leave the grounds without signed permission from their parents. Lunch-time can be a whole lot of fun!



## Early Morning Slide Shows

Each evening, we will create a slide show which will be shown to all campers and parents in the gym closest to the parking lot. The slide show will begin at about 8:15 and will run until our camp opening at 8:30. Parents are most welcome to come to see pictures from the previous day. Parents who do not want their children in close-up pictures are asked to make this clear to them. When a photographer approaches, just ask her to say that she'd rather not have her picture taken. Although some campers are a little shy, we know they won't use this as an excuse to avoid the camera!



## Grade Nine Campers

We'll do our best to make sure you reach all of your pre-camp goals. Since this could be your last year at camp, we encourage you to ask any questions regarding skills, tactics, techniques which could be used on their school or club teams.

For any who wish to take a leadership role, we'll be glad to give them the opportunity to do a little work with younger campers. It's amazing how well we learn when we are going to teach others. These sessions will be brief so as not to interfere with learning sessions.

## A few more helpful thoughts. . .

Here are a few things to pack each morning.

- A big water bottle. You will be able to refill during the day.
- A good lunch and snacks. We'll provide Friday's lunch.
- Sunscreen, sunglasses and hat. Some sessions will be outside.
- Any volleyball gear you have. (We'll provide a camp shirt on Monday.)
- A GREAT attitude. The more friendly and positive you are, the more you'll learn and the more fun you'll have.



## A Typical Day . . .

8:30	Large group meeting
8:40	Warm-ups
9:00	Skill Demonstration and work
10:15	Break with treat provided
10:30	Second skill session
11:30	Skill Testing
12:00	Lunch program, beads, crafts, games
1:00	Third skill session
2:00	Competition - Games
3:10	Final group meeting
3:30	End of day - Pick up, please.

## Going to Be Away ?

If a camper is away, we will do our best to contact the home. You can help us greatly by giving us a call if your child cannot attend a session. If you know ahead of time, please call Rob Luciani at home. If it's a last minute absence, please call us at 905.730.1192

## Contact Information

**Registrar :** Rob Luciani 905.383.9568  
rbbLuciani@quickcllic.net

**Camp Phone :** 905.730.1192

**Website :** [www.seekersvolleyball.com](http://www.seekersvolleyball.com)

## Parents

Feel free to visit camp at any time. Please observe but don't get involved in the group sessions or games. Games are played during the last part of each day. Closing ceremonies are held Friday afternoon starting at about 2:30.

## Website

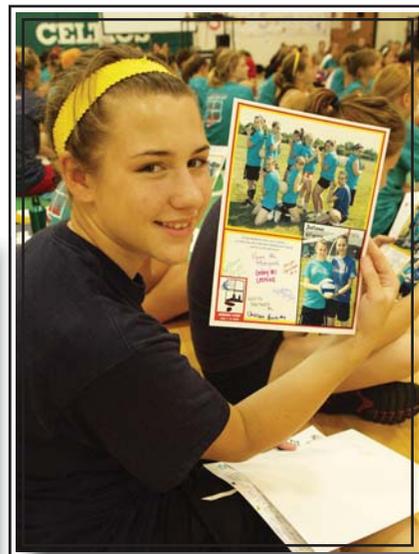
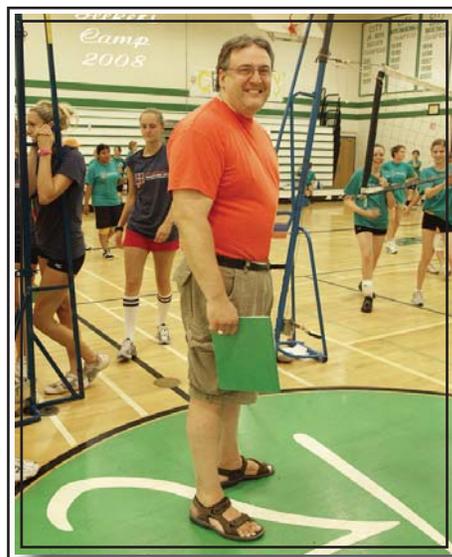
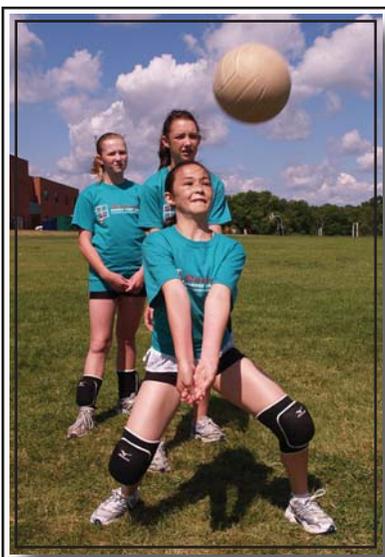
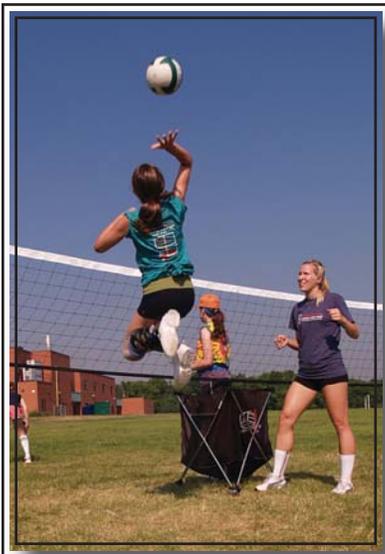
Please visit our website for pictures taken during our previous two camps. Our website will be overhauled following camp so this year's pictures may not be available for a couple of months. Bear with us . . They will be there as soon as we can get them up on the site.



*We're all looking forward to seeing you at this year's camp. Don't forget to arrive early for our morning slide shows.*

*Your Seekers Coaches*

# More shots from 2008



Week One is completely sold out. We do have spots still available for week two so if you have a friend looking for a fun camp where she'll learn loads of volleyball, please contact Mr. Luciani. ' See you on Monday!'