

# 2015 ROYALS VOLLEYBALL CAMP REGISTRATIONS

- Session I- Middle School Volleyball Day Camp**  
June 15 -17  
\$150
- Session II- Team Camp**  
July 10 - 12
  - Overnight \$250
  - Commuter \$200
- Session III- Individual Camp**  
July 13 - 16
  - Overnight \$275
  - Commuter \$225
- Session IV- Setter & Defensive Specialist Camp**  
July 18  
\$100
- Session V- Beginner Volleyball Camp**  
July 20 - 21  
\$100
- Satellite Camps**  
12 player minimum

## HISTORY OF QU ROYALS VOLLEYBALL

2011 East Division Champions  
(Conference Carolinas)

2012 East Division Champions  
(Conference Carolinas)

2012 Conference Carolinas Champions

2013 NCAA Tournament Participant

2 South Atlantic All-Conference Players

2 South Atlantic All-Freshman Team Player



Head Volleyball Coach  
**Lettie Wilkes (4<sup>th</sup> Year)**

In just four seasons at Queens University of Charlotte Coach Wilkes has made an impact to the Royals Volleyball program. Coach Wilkes enters her tenth season in collegiate coaching and has led the Royals to three of the best seasons in program history. Coach Wilkes has compiled an overall record of 68-58 with the 2011 and 2012 seasons consisting of back to back 20-plus wins. In 2012, the Royals volleyball team became East Division Conference Carolina Champions and regular season Conference Carolina Champions. In 2013, the Royals volleyball program entered its first season in the South Atlantic Conference where the team finished tied for third place. Coach Wilkes and the Royals team made program history that same season by earning their first ever NCAA regional bid. Under the direction of Wilkes, Royals players have had a direct impact to the volleyball program's career statistical records, with many leading the record books in assist, kills, and digs along with being awarded all-conference honors. Wilkes was named to the 2009 Inaugural American Volleyball Coaches Association "Thirty Under 30" award which recognizes up-and-coming coaching talent at all levels of the sport. Coach Wilkes was a former standout setter and student-athlete at conference opponent, Catawba College (03').



Associate Head Coach  
**Tammi Fries (3<sup>rd</sup> Year)**

Tammi Fries (pronounced freeze) is the associate head coach in her third year with the Royals volleyball program and her tenth season as a collegiate coach. As an assistant within the program, she has the primary responsibilities of training all hitters, coordinating team defense, scouting, and being recruiting coordinator. In 2013, Fries was given the AVCA's "Thirty Under 30" award which recognizes up-and-coming coaching talent at all levels of the sport. Fries has been an intricate part to the success with the recent seasons at Queens and assisted in leading the team to a 2013 NCAA regional bid. Fries is a former student-athlete and played right side hitter at Campbell University (04').

QUEENS UNIVERSITY  
OF CHARLOTTE

Athletic Department  
1900 Selwyn Avenue  
Charlotte, NC 28274



## VOLLEYBALL CAMPS 2015



QUEENS UNIVERSITY  
OF CHARLOTTE

## Camp Information

**Facilities:** Camps will be held on the Queens University of Charlotte Campus, Curry Arena, located in the Levine Center for Wellness and Recreation.

**Meals:** : All meals provided to campers will be held in Young Dining Hall, Trexler building on campus.

**Housing:** Campers staying overnight will be housed in university dormitories (2 per room). All dormitories are located in close proximity to the dining hall and athletic facility on campus. Bedding and towels are not supplied, so all campers must bring their own linens.

**Supervision:** All campers will be supervised by volleyball camp staff throughout the duration of the camp. Campers are expected to obey all camp rules and policies. Team campers will be supervised by a head coach or chaperone attending in addition to camp staff.

### Registration:

Option 1) Register Online at [www.queenssportscamps.com](http://www.queenssportscamps.com). All online registrations must be paid in FULL. There is no deposit feature when registering online.

Option 2) Complete the camp application form located on the brochure and send to: Queens University of Charlotte, Attn: Volleyball, 1900 Selwyn Avenue Charlotte, NC 28274. Please include a check made out to Queens Volleyball for full payment or the minimum non-refundable deposit of \$100.00 by June 10, 2015.

**\*Please be sure to include an EMAIL address AND Phone number where a parent/guardian can be reached. All important information will be sent via email.**

Upon receipt of registration, each camper will be sent an EMAIL confirmation letter along with required forms which will include more details about the camp. **Please note that all campers will need to bring the forms listed below** along with payment for any remaining balances to camp check-in.

### Required Forms:

- Pre-Participation Medical Form
- Release & Waiver of Liability Agreement
- Required Individual & Team Camp ONLY (Sessions II & III) - Physical form with an approved doctor's signature. (Physicals are good for one year from date received. We do not provide the physical form. Please use what your doctor provides or use the sports physical form used by your school).

## Camp Descriptions:

**Session I- Middle School Volleyball Day Camp**  
**June 15-17, 2015 | 9am-4pm**  
**Ages: Boys and Girls entering grades 6th-8th.**  
**Camp Cost: \$150**

Designed to teach fundamentals of volleyball in an active and fun environment. Campers will be instructed through technical drills, interactive games, and competition. Campers bring their own lunch.

**Session II- Team Camp**  
**July 10-12, 2015**

**Check In Friday, July 10, 5:00pm**

**Check Out Sunday, July 12, 4:00-5:00pm**

**Ages: High School Teams, Varsity and JV**

**Camp Cost: Overnight \$250 | Commuter \$200**

**Coach Fee: 1 Coach per School may come for free. Additional coaches \$100.00**

*\*Overnight option includes housing and all meals on campus. Commuter included lunch only.*

Team Camp is an intensive, organized training camp for high school teams to work on team offense and defensive skills, strategies, and overall team performance through training with teammates and competing against other participating camp teams. Each team will receive excellent instruction from an assigned master coach who works with the high school coach on developing team systems. All teams will benefit from training drills and competition. The last day of the camp includes a camp tournament. A coach will need to accompany their team.

**Session III- Individual All Skills Camp**  
**July 13-16, 2015**

**Check In Monday July 13, 1:00 pm**

**Check Out Thursday July 16, 12:00 pm**

**Ages: Girls ages 14-17, entering grades 9th-12th**

**Camp Cost: Overnight \$275 | Commuter \$225**

*\*Overnight option includes housing and all meals on campus. Commuter included lunch only.*

This camp is designed for girls entering into or in high school and for all skill levels from beginner to advance. Campers will learn and improve upon their technical skills and tactical knowledge within various positions (setter, outside hitter, middle blocker, libero). To help players reach their volleyball potential, training will include fundamental skill training drills, positioning training, competitive competition, goal setting, and more, all taught from experienced staff and college players.

**Session IV- Setter & Defensive Specialist Camp**  
**July 18, 2015 | 9am-4pm**  
**Ages: Boys and Girls ages 14-17, entering grades 9th-12th.**  
**Camp Cost: \$100**

One day camp designed for all skill levels from beginner to advanced, who are looking to maximize his or her abilities in the setting or defensive specialist/libero positions. Campers will learn how to improve technical skills within the position in which they want to grow. Campers bring their own lunch.

**Session V- Beginner Volleyball Camp**  
**July 20-21 | 9am-12pm**  
**Ages: Boys and Girls ages 7-12**  
**Camp Cost: \$100**

Designed to introduce young players to the sport of volleyball. Campers will learn the fundamental skills of volleyball in a fun and active environment and through age appropriate drills and games.

### Satellite Camps

Can't come to Queens? Let the Royals volleyball staff come to your volleyball program or school! Satellite camps provide the opportunity for the Royals staff to come to your school and work with players on individual skills and team tactical training. Required 12 player minimum. Our staff will work with the school coach to design the sessions to be most beneficial for his/her team. If interested, please call for more details and to reserve a date.

### Benefits

- Individual skills training sessions
- Personalized attention with quality and experienced coaching staff
- Camp t-shirt to all participants
- Walking distance to all facilities on campus
- Camp store (volleyball apparel)

### Questions:

Email: [royalsvolleyballcamps@queens.edu](mailto:royalsvolleyballcamps@queens.edu)

Lettie Wilkes, Head Coach: 704.688.2808

Tammi Fries, Associate Head Coach: 704.688.2808

## 2015 ROYALS VOLLEYBALL CAMPS REGISTRATION

Register Online: [www.queenssportscamps.com](http://www.queenssportscamps.com) OR complete the entire registration form (print clearly) and mail it with full payment or a minimum deposit \$100 (non-refundable) before the first day of the camp. Full balance is due on the day of camp check-in. Correspondence will be done via email so please be sure to check regularly.

Make checks payable to: Queens Volleyball  
Mail to: Queens University of Charlotte  
Attn: Volleyball  
1900 Selwyn Avenue  
Charlotte, NC 28274

Name \_\_\_\_\_ Age \_\_\_\_\_ School \_\_\_\_\_ Parent's Email \_\_\_\_\_  
Address \_\_\_\_\_ City \_\_\_\_\_ State \_\_\_\_\_ Zip \_\_\_\_\_ Phone \_\_\_\_\_  
Insurance Co. \_\_\_\_\_ Policy No. \_\_\_\_\_ T-Shirt Size (Adult)  S  M  L  XL  
Previous Years Experience (Check One)  Jr. High  JV  Varsity  Club Team \_\_\_\_\_  
Height \_\_\_\_\_ Position \_\_\_\_\_ Requested Roommate \_\_\_\_\_