

2020 SPVB Summer Camps

Benedictine University (BU), 5700 College Road, Lisle, IL

Page 3 has individual session times for each camp

Overnight Campers Information

- Check-in at residence hall (specific hall given later) on the first day of the camp between 12:00-1:30pm
- Roommate assignments will be given at check-in
- We do our best to honor all roommate requests but may not be able to honor all of them
- If you did not request a roommate we will assign one for you while focusing on finding a similar-aged camper
- Coaches stay in the dorms and act as chaperones
- Room checks are performed by a coach each night
- All overnight campers are required to stay on campus at all times
- Coaches will escort the overnight campers to and from gym sessions to the cafeteria
- Meals are included in registration cost
- Meals prepared in the cafeteria are all peanut-free and are made without peanut oil
- Cafeteria has a gluten-free area and any worker inside can help assist anyone with a food allergy to assist on identifying items
- First meal served will be dinner on the first day of the camp; last meal is breakfast on the last day of the camp
- All gym sessions will take place at the Dan & Ida Rice Center
- Gym is not air-conditioned
- Parents are free to watch camp sessions if they wish
- If you are attending multiple camps consecutively and want to stay in the dorm in-between camps you must fill out the BU Extra Night Stay registration form online prior to the camp. We will then provide meals and supervision. If campers have not filled this out prior to attending their first camp they will not be allowed to stay in the dorm in-between camps.
- There is no shuttle service provided to pick up campers from airports. If you need assistance in getting from the airport (either Midway or O'Hare) you can contact the following companies directly: Go Airport Express 888-284-3826 or American Limo 888-876-2154
- If you are in need of a hotel in the area we recommend the SpringHill Suites, 4305 Weaver Parkway, Naperville, IL 60555 630-393-0400
- Only campers and coaches for the specific camp are allowed to stay in the dorm on campus
- Grades listed below are the grades the camp will be geared towards. Younger athletes may attend an older camp; however, please note that we will not slow down the camp to adapt for younger athletes. No refunds will be given for athletes registering and attending an older camp.



What to pack/bring

- Bedding for a Twin XL bed (sheets, blanket, pillow, etc)
- Towels, shampoo, toiletries, etc
- No fans are needed as dorms are air-conditioned
- Small refrigerator (optional)
- Computer (no internet in rooms; wi-fi in lobby of dorm) (optional)
- Extra money to purchase volleyball apparel at the Volleysop located on the 1st floor of Neuzil Hall
- T-Shirts (one per session recommended)
- Shorts/Spandex
- Socks/Volleyball Shoes/Kneepads
- Large Water Bottle

Commuter Campers Information

- Check-in at Dan & Ida Rice Center (gym for all sessions) between 1:30-1:45 on first day of camp
- No meals or housing are included in registration fee
- You may bring a lunch/dinner and eat it in the gym, outside, or in the cafeteria with the other campers
- You can purchase your meals at the cafeteria each meal (cash only)
- Gym is not air-conditioned
- You are free to leave campus between each session
- Coaches are not responsible for campers in-between sessions
- Parents are free to stay and watch camp sessions if they wish
- If you are in need of a hotel in the area we recommend the SpringHill Suites, 4305 Weaver Parkway, Naperville, IL 60555 630-393-0400
- There is no shuttle service provided to pick up campers from airports. If you need assistance in getting from the airport (either Midway or O'Hare) you can contact the following companies directly: GO Airport Express 888-284-3826 or American Limo 888-876-2154
- Grades listed below are the grades the camp will be geared towards. Younger athletes may attend an older camp; however, please note that we will not slow down the camp to adapt for younger athletes. No refunds will be given for athletes registering and attending an older camp.

What to bring

- T-shirts (recommend one for each session)
- Shorts/Spandex
- Socks/Volleyball Shoes/Kneepads
- Large Water Bottle

7-Day Camp Schedules (ILBU6 – Setting Academy 1)			
	<u>Day 1 of Camp</u>	<u>Days 2-6 of Camp</u>	<u>Day 7 of Camp</u>
Breakfast		7:30-8:30am	7:30-8:30am
Gym Session		9:00-11:30am	9:00am-12:00pm
Lunch		12:00-1:00pm	
Gym Session	2:00-4:30pm	2:00-4:30pm	
Dinner	5:00-6:00pm	5:00-6:00pm	
Gym Session	7:00-9:00pm	7:00-9:00pm	
Room Checks	10:00pm	10:00pm	
Lights Out	10:30pm	10:30pm	

5-Day Camp Schedules (ILBU1-Setting Academy 1; ILBU2 -1st Contact Academy; ILBU3-Setting Academy 2)			
	<u>Day 1 of Camp</u>	<u>Days 2-4 of Camp</u>	<u>Day 5 of Camp</u>
Breakfast		7:30-8:30am	7:30-8:30am
Gym Session		9:00-11:30am	9:00am-12:00pm
Lunch		12:00-1:00pm	
Gym Session	2:00-4:30pm	2:00-4:30pm	
Dinner	5:00-6:00pm	5:00-6:00pm	
Gym Session	7:00-9:00pm	7:00-9:00pm	
Room Checks	10:00pm	10:00pm	
Lights Out	10:30pm	10:30pm	

3-Day Camp Schedules (ILBU4-Attack, Block & Pass; ILBU5-Middle Blocker Academy)			
	<u>Day 1 of Camp</u>	<u>Day 2 of Camp</u>	<u>Day 3 of Camp</u>
Breakfast		7:30-8:30am	7:30-8:30am
Gym Session		9:00-11:30am	9:00am-12:00pm
Lunch		12:00-1:00pm	
Gym Session	2:00-4:30pm	2:00-4:30pm	
Dinner	5:00-6:00pm	5:00-6:00pm	
Gym Session	7:00-9:00pm	7:00-9:00pm	
Room Checks	10:00pm	10:00pm	
Lights Out	10:30pm	10:30pm	

4-Day Camp Schedules (ILBU7 Collegiate Setting Academy; ILBU8 Collegiate 1st Contact Academy; ILBU9 High School 1st Contact Academy)			
	<u>Day 1 of Camp</u>	<u>Days 2-3 of Camp</u>	<u>Day 4 of Camp</u>
Breakfast		7:30-8:30am	7:30-8:30am
Gym Session		9:00-11:30am	9:00am-12:00pm
Lunch		12:00-1:00pm	
Gym Session	2:00-4:30pm	2:00-4:30pm	
Dinner	5:00-6:00pm	5:00-6:00pm	
Gym Session	7:00-9:00pm	7:00-9:00pm	
Room Checks	10:00pm	10:00pm	
Lights Out	10:30pm	10:30pm	