

2019 SPVB Summer Camps

Southwest Oregon CC, 1988 Newmark Avenue, Coos Bay, OR

Page 2 has individual session times for the camp

Overnight Campers Information

- Check-in at the LightHouse on the first day of the camp between 12:00-1:00pm
- School coaches stay in the dorms and act as chaperones
- Meals are included in registration cost
- SPVB coaches are not responsible for campers in-between sessions
- First meal served will be dinner on the first day of the camp; last meal is breakfast on the last day of the camp
- The high school coach should email Luke Stapleton directly at Luke@greatlakescenter.com to reserve a spot in the camp
- Individual campers will then register online and either pay as an individual or have the school pay for them

What to pack/bring

- Bedding for a Twin XL bed (sheets, blanket, pillow, etc)
- Towels, shampoo, toiletries, etc
- Extra money to purchase volleyball apparel at the Volleysop
- T-Shirts (one per session recommended)
- Shorts/Spandex
- Socks/Volleyball Shoes/Kneepads



Commuter Campers Information

- Check-in at the LightHouse on the first day of the camp between 12:00-1:00pm
- 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 are free to leave campus between each session
- SPVB coaches are not responsible for campers in-between sessions
- The high school coach should email Luke Stapleton directly at Luke@greatlakescenter.com to reserve a spot in the camp
- Individual campers will then register online and either pay as an individual or have the school pay for them

What to bring

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

| <u>OR1 Camp Schedule (Team Camp) (Subject to change due to College scheduling conflicts)</u> | | | | |
|---|--------------------|--------------------|--------------------|---------------------------|
| | August 12 Schedule | August 13 Schedule | August 14 Schedule | August 15 Schedule |
| Breakfast | | 7:00-8:30am | 7:00-8:30am | 7:00-7:45am |
| Gym Session | | 9:00am-12:00pm | 9:00am-12:00pm | 8:00am-12:00pm tournament |
| Lunch Break | | 12:00-1:30pm | 12:00-1:30pm | |
| Gym Session | 2:00-5:00pm | 2:00-5:00pm | 2:00-5:00pm | |
| Dinner Break | 5:00-6:30pm | 5:00-6:30pm | 5:00-6:30pm | |
| Gym Session | 7:00-9:00pm | 7:00-9:00pm | 7:00-9:00pm | |
| Lights Out | 10:30pm | 10:30pm | 10:30pm | |