

# GIRLS VOLLEYBALL CAMP

## Camp Directors



SDCC women's volleyball Head Coach Dede Bodnar will be directing the girls volleyball camp. Coach Bodnar has coached for 31 years at all levels including college, high school, Olympic and professional beach. Bodnar has played since she was 4 years old and competed as a professional internationally and on the beach. During college, Bodnar competed on a top five team in the USA for all four years of college. Her coaching style is motivational, hard-working and fundamental. Coach Bodnar 'loves seeing people improve at this awesome game!'



Nicole Morton competed for four years at Arizona State University where she was named to the PAC-10 All-Conference team. Her coaching ranges from her work with the SDCC women's volleyball team since the Fall of 2009 and her club volleyball coaching since 2004.



Abra Amwake, an assistant with the SDCC women's volleyball team, was a 4-time All-Conference volleyball player while competing for Central High School in Phoenix, Ariz., and was selected to the 2001 All-Arizona team. In college, Amwake was selected twice as Holy Name University's female scholar-athlete of the year.

## Camp Dates and Prices

Setters Camp	All-Skills Camp
August 9-12, 2010	August 9-12, 2010
Ages 14-18; 14 & Under	Ages 14-18; 14 & Under
8 a.m. - 12 p.m. daily	9 a.m. - 12 p.m.
Camp Fee: \$125	Camp Fee: \$95

## Camp Information

The camps will cover all volleyball fundamentals and how they relate to offensive plays, defensive strategies and teamwork. For the **setters camp**, each player will arrive at 7:45 a.m. for check in and then start individual setter training from 8:00-9:00. There will be a 1:4 coach to player ratio.

For the **all-skills camp**, players will work on all the fundamentals of the game and then break into groups to fine tune fundamentals. Individual and group drills will take part from 9:00-10:00. Three to six person drills from 10:00-11:00, scrimmage format-defensive and offensive drills from 11:00-11:45. Wrap up at 11:45 and update player diaries.

## Contact Information

Contact: Dede Bodnar  
Phone: (619) 388-3544  
E-mail: dbodnar@sdccd.edu

MAIL REGISTRATION FORM AND CHECK TO:  
SAN DIEGO CITY COLLEGE ATHLETICS  
ATTN: ATHLETICS  
1313 Park Blvd., San Diego, CA 92101

CAMPER (please print)

FIRST NAME

LAST NAME

ADDRESS

CITY STATE ZIP CODE

PHONE AGE

SCHOOL GRADE IN FALL

PARENT/GUARDIAN

PARENT/E-MAIL

CHOOSE CAMP(S)  
please make check payable to: SDCC Athletics

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|---|--|
| <input type="checkbox"/> GIRLS BASKETBALL Skills Camp<br>July 12-15<br>\$ 60  | <input type="checkbox"/> GIRLS BASKETBALL Skills Camp<br>July 19-22<br>\$60    |
| <input type="checkbox"/> GIRLS BASKETBALL Shooting Camp<br>July 26-29<br>\$60 | <input type="checkbox"/> BOYS BASKETBALL<br>Aug. 16-19<br>\$120                |
| <input type="checkbox"/> GIRLS VOLLEYBALL Setters Camp<br>Aug. 9-12<br>\$125  | <input type="checkbox"/> GIRLS VOLLEYBALL All-Skills Camp<br>Aug. 9-12<br>\$95 |
| <input type="checkbox"/> SOFTBALL<br>(Please see contact info to enroll)      |  |



**Girls Basketball Camp**  
July 12-15; 19-22; 26-29

**Nike Softball Camp**  
June 21-25; Aug. 12-14

**Girls Volleyball Camp**  
August 9-12

**Boys Basketball Camp**  
August 16-19



2010 SDCC YOUTH SPORTS CAMPS

# NIKE SOFTBALL CAMP

## Camp Directors



Directing the camp is long time Nike Softball Camp Instructor and San Diego City College Head Softball Coach LeeAnn Taylor. Coach Taylor, a two-time PCC Coach of the Year (2006 & 2007), is currently in her sixth season as the Head Softball Coach at San Diego City College and her 13th season at the collegiate level. Taylor led the Knights to consecutive postseason appearances in 2007 and 2008. In 2007, she led the Knights to their best record in school history (31-10-1, 11-4 PCC) and a share of the Pacific Coast Conference championship.



Joining Coach Taylor on staff will be Cheryl Schaefer, Interim Head Softball Coach at Point Loma Nazarene University in San Diego. After a stellar playing career, Schaefer joined the PLNU coaching staff in 2004 and served as associate head coach for the last two seasons.

## Camp Dates and Prices

<b>Day Camp</b> June 21-25, 2010 <b>General Skills Camp</b> Ages 8-18 9 a.m. - 3 p.m. daily <b>Day Camp Fee: \$285</b> <i>Campers must bring their own lunch</i>	<b>Hitting Clinic</b> August 12-14, 2010  Ages 8-18 9 a.m. - 11 a.m. <b>Day Camp Fee: \$285</b> <i>Campers must bring their own lunch</i>
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## Camp Highlights

- ◆ Superior Instruction
- ◆ 8:1 camper to instructor ratio
- ◆ Daily emphasis on fundamental development, team play and more
- ◆ Official NIKE Camp T-Shirt
- ◆ Great NIKE prizes!

## Enrollment and Contact Info

**Phone:** 1-800-NIKE CAMPS (1-800-645-3226)  
**Fax::** 415-479-6061  
**Online:** [USSportsCamps.com](http://USSportsCamps.com)  
**Mail:** 750 Lindaro Street, Suite 220,  
San Rafael, CA 94901

*Payment Terms - (Visa and Master Card only) personal check (by mail)*

**Contact: LeeAnn Taylor**  
**Phone: (619) 388-3890**  
**E-mail: [ltaylor@sdccd.edu](mailto:ltaylor@sdccd.edu)**



# BOYS BASKETBALL CAMP

## Camp Directors



Directing the boys basketball camp is SDCC men's basketball Head Coach Mitch Charlens. Since taking over in 2004, Coach Charlens has led his Knights to two PCC championships. In 2008-09 he guided the Knights to the Final Eight of the state playoffs. That season, SDCC finished with their best record in history (28-5). Charlens has been named PCC Coach of the Year twice (2004 & 2009) and CCCAA Coach of the Year in 2009.



Knights' Assistant Coach Bob Andreasen will be joining Coach Charlens as a camp director. Andreasen is in his second year as the first assistant at SDCC. Before coming to the Knights, Coach Andreasen spent six years as the top assistant at Chico State University.

## Camp Dates and Price

**August 16-19, 2010**  
**Ages 8-14**  
**9 a.m. - 12 p.m. daily**  
**Camp Fee: \$120**

## Camp Information

The goal of SDCC basketball camps is for all campers to work hard and feel good about themselves in a disciplined, highly-structured, motivated environment of fun.

We place the child and his personal development ahead of the game. Positive encouragement and measured improvement in the fundamental skills are trademarks of our camps, as well as players learning to work together in a team setting while playing games and tournaments.

Our Teaching Emphasis: BIGGER THAN BASKETBALL

- Positive Communication
- Goal Setting
- Good Manners
- Fundamentals
- Defensive Footwork
- Discipline and Work Ethic
- Positive Attitude
- Team Attitude
- Respect for Parents
- Shooting and Ball Handling
- 3-on-3
- Games

## Contact Information

**Contact: Mitch Charlens**  
**Phone: (619) 388-3703**  
**E-mail: [mcharlen@sdccd.edu](mailto:mcharlen@sdccd.edu)**

# GIRLS BASKETBALL CAMP

## Camp Director



Heidi Sorour, head coach of the SDCC women's basketball team will direct the girls basketball camp. In her first season (2008-09) at SDCC, Sorour led the Lady Knights to their best season since the program was started in 2006. The Knights won more games (12) in 2008-09 than in the first two seasons of the program combined and also had their best finish (5th) in the PCC.

At the top of Sorour's coaching philosophy is the need for enthusiasm and hunger for defensive excellence with consciousness and pride of defensive responsibilities at all times. She believes in the facilitation of a smart and balanced motion offense that creates scoring opportunities through quick no-risk passes, screens and cuts. A maximum effort and pride for rebounding is essential along with an emphasis on fast breaking as much as possible seeking lay-ups as a priority.

Coach Sorour's goals include mastering the fundamentals; building a family and team-first mindset; keeping the team motivated; preparation through proper focus, intensity, standard of excellence, and healthy lifestyle habits; emphasizing that 'student' comes before 'athlete.'

## Camp Dates and Prices

<b>July 12-15, 2010</b> <b>Fundamental Skills Camp</b> Ages 8-14 9 a.m. - 12 p.m. daily <b>Camp Fee: \$60</b>	<b>July 19-22, 2010</b> <b>Fundamental Skills Camp</b> Ages 14-18 9 a.m. - 12 p.m. daily <b>Camp Fee: \$60</b>
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**July 26-29, 2010**  
**Shooting Camp**  
Ages 14-18  
9 a.m. - 12 p.m. daily

## Camp Information

### Fundamental Skills Camp

Your child will have fun being active and learning the techniques of the sport of basketball. This camp will provide demonstration and instruction of the basic fundamentals: dribbling, passing, shooting, defense, rebounding with an emphasis on sportsmanship.

### Shooting Camp

This camp will teach the proper form of shooting. Techniques include: location of target, stance and balance, catching and gripping the ball, delivery and follow-through. Enjoy fun competitive shooting games while developing self-esteem and confidence on the court.

## Contact Information

**Contact: Heidi Sorour**  
**Phone: (619) 947-0419**  
**E-mail: [hsorour@sdccd.edu](mailto:hsorour@sdccd.edu)**