

## Volleyball Training Registration Form

Name \_\_\_\_\_  
Address \_\_\_\_\_  
City \_\_\_\_\_ State \_\_\_\_\_ Zip \_\_\_\_\_  
Parent's/Guardian's Names \_\_\_\_\_  
Home Tel (\_\_\_\_) \_\_\_\_\_ Work (\_\_\_\_) \_\_\_\_\_  
Email \_\_\_\_\_  
School \_\_\_\_\_ Grade in 2010 \_\_\_\_\_  
Position(s) \_\_\_\_\_ Height \_\_\_\_\_  
HS. Coach \_\_\_\_\_ Tel (\_\_\_\_) \_\_\_\_\_  
Club Coach: \_\_\_\_\_ Tel (\_\_\_\_) \_\_\_\_\_  
Room-mate Preference \_\_\_\_\_  
\*\*\*Describe training needs or attach another page\*\*\*

Circle Training Session(s) 1. 2. 3. TEAM TRAINING

Check: Commuter \_\_\_\_\_ OR Residential \_\_\_\_\_

Circle T-Shirt Size: S M L XL XXL

The following must be signed by a parent or legal guardian along with a physician's evaluation of fitness for registration to be accepted.

### Parental Release/Hold Harmless Agreement.

I/We, the parent/guardian of \_\_\_\_\_ hereby give my/our permission for her participation in any and all activities of the Advanced Volleyball Skills Training Programs. I/We, our heirs, executors and administrators do hereby waive, release, absolve, indemnify and forever discharge Coach Ib's Advanced Volleyball Skills Training programs, its directors, staff, Pittsburg State University, and the Kansas Board of Regents from all claims for damages, injuries, or loss to a person or property which may be sustained during participation in training activities or while at the training site whether or not damages, injury, or loss is due to negligence. I/We understand that participation in this training program will require physical activities of a nature which could result in injury to participants. I/We further acknowledge that she is physically able to participate in training activities and hereby authorize her participation in the training program. I/We agree to allow my child to be treated by a certified athletic trainer or physician (if necessary) and to assume all costs related to such treatment.

Signature of Parent/Guardian \_\_\_\_\_  
Date \_\_\_\_\_  
Insurance Co. \_\_\_\_\_  
Policy \_\_\_\_\_

Please attach a copy of your 2009/10 school year physical OR a physician's release certifying evaluation of fitness to participate in an active sport environment. Any restrictions of further recommendations should also be noted below by the physician.

**COACHING CLINIC SERIES:** On court sessions during actual camp training with opportunity for hands-on skill building along with note taking while Coach Suberu and Instructors are teaching camp participants. Unique and centered around similar talents that Junior High and High School coaches work with. Participants can choose between commuting or residential. Dates: June 14-16, June 23-24, July 8-10. For more information, please contact Coach Suberu at isuberu@pittstate.edu or 620.235.4674

**June 14 - 16 Serving, Serve Receive & Defensive Training Academy.** Highly recommended for all Attacking position players, Setters and Libero/DS. Open to 8th—12th Graders. Emphasis on efficient ball control techniques for serving, serve receive, and all areas of defense. Visual feedback through video evaluation to accelerate your learning. Fees: \$185 commuter (Lunch only) \$210 residential (3 meals per day except on first and last day)

**June 23 - 24 Mini-Volley School for 2nd—5th Grades. All Skills Training for 6th—9th Grades.** Mini-volley school will introduce the game to beginners using lighter ball and training approach geared to the age group. 6th - 9th graders will benefit from strong emphasis on efficient form and movement training for passing, hitting, setting and game situations. Schedule: Day 1, 2 - 4:30pm, Day 2, 9:30 am - 12pm, 1:00 - 3:30pm. Bring along your lunch bag. Fees: \$95. COMMUTERS ONLY.

**July 8 - 10 Form & Technique Training for Attackers & Setters.** Open to 8th—12th graders. Detailed training with emphasis on footwork, jump plant & landing, armswing and attack shot decision making. Setters will benefit from technical evaluation and training to improve ball contact, delivery and decision making. Highly recommended for players interested in college volleyball. Small camper to coach ratio. Beneficial for setter/attacker from the same school. Fees: \$185 commuter (Lunch only). \$210 residential (3 meals per day except on first and last day).

**July 14 - 17 High School Team Training Academy.** Individualized team technical training and competitive opportunity for Varsity teams & JV teams. Highly recommended for teams looking for a training program that offers personalized team teaching environment with assigned trainers. Per player Fees: \$190 commuter (Lunch only) \$225 residential (3 meals). All Head Coaches: No charge. Resident Assistant Coaches - \$100 per person for room & board.

**FOR MORE INFORMATION:** Contact Coach Suberu at isuberu@pittstate.edu. 620.235.4674/620.249.6380 OR Coach Hill at lsowder@pittstate.edu. 620.235.6586

Volleyball Skills  
Training Academy  
at Pittsburg State  
University



## 2010 TRAINING SESSIONS

1. JUNE 14—16. SERVING, SERVE RECEIVE & DEFENSIVE TRAINING ACADEMY FOR LIBERO/DS, ATTACKERS & SETTERS—  
*Coaching Clinic Series*
2. JUNE 23—24. MINI VOLLEY SCHOOL FOR 2ND—5TH GRADERS / ALL SKILLS TRAINING FOR 6TH—9TH GRADERS—*Coaching Clinic Series*
3. JULY 8—10. FORM & TECHNIQUE TRAINING FOR ATTACKERS & SETTERS—*Coaching Clinic Series*
4. JULY 14—17. TEAM TRAINING ACADEMY FOR VARSITY & JV PROGRAMS

## CAMP FACTS

- Training of effective techniques for ball control in all skill positions
- 6-8 Max. players per trainer at individual training
- Team offensive/defensive strategies specific to your team talent during Team Training Academy
- Videotaping and feedback analysis to accelerate individual & team learning
- Athletic Trainer provided for sessions in Pittsburg

## RESIDENTIAL INFORMATION

Residential campers should bring along the following items:

- Linens, pillows, towels and personal toiletries
- Training gear and swimming suit
- Personal spending money for tee shirts, pizza etc

Residence Hall and Cafeteria will be supervised by training camp staff.

## REGISTRATION INFORMATION

- Early registration is advised as camp will close when session capacity is reached. Partial training camp insurance included in registration fees along with tee shirts for participants and any possible awards.
- \$60 deposit as part of training fee is non-refundable. No refunds will be given 2 weeks to the start of training program on remaining fees paid except with a Doctor's note.
- Confirmation/itinerary will be sent to you via email listed on registration form unless none is provided
- Mail completed application along with deposit or total training fees to: **Ibraheem Suberu Volleyball, Pittsburg State University, 1701 S. Broadway Pittsburg, KS 66762.**

## SESSIONS 1 & 3

### SAMPLE SCHEDULES

DAY 1. 12:-1:00—Residential Check-In. 2—4:30pm Training. 5—6pm Dinner. 7—8:45pm Training.

DAY 2. 7:45—8:30 Breakfast. 9:15—11:45am Training. 12:00—1:00pm Lunch. 2:00—4:30pm Training. 5:00—6:00pm Dinner. 7—8:45pm Training.

DAY 3. 7:45—8:30 Breakfast. 9:15—11:45am Training. 12:15—1:00pm Program Closing/Dorm Checkout.

## ACADEMY STAFF EXPERIENCE

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**Ibraheem Suberu**—Director/Lead Skills Instructor for the Volleyball Skills Training Academy since 1993. Coach Suberu is his 11th year as Head Coach at Pittsburg State University where he has led the Gorillas to 6 NCAA Tournaments between 2003-2009. During this same time, he trained seven team members that earned Eleven All-America honors. While competing in England, he was voted Division II Royal Bank of Scotland National Player of the Year as an Outside Attacker playing for Team Mizuno Malory of the Volleyball England National League.

**Lindsay Sowder**—Technical Skills Instructor. Assistant coach at Pittsburg State, and former Head Coach at Neosho County Community College where she led her team to the NJCAA Division II Top 20 Poll. An excellent trainer who is in her tenth year as a lead trainer for Advanced Volleyball Skills Training Academy programs.

**Jenifer Bahner**—Technical Skills Instructor. Former Assistant Coach at PSU and current Head Coach at Cowley County Community College where she led her team to the 2009 NJCAA Division II Runners-up position at the national tournament. Cowley finished ranked 2nd in the country.

**Lincoln Barnett**—Technical Skills Instructor. Coach Barnett will be going into his 14th year working with Volleyball Skills Training Academy. His technical skills and training background as a former college coach allows him to be effective in modeling skills during training sessions to benefit all camp participants.

Other experienced trainers includes members of the Gorillas Volleyball team along with other coaches with college, club and HS volleyball teaching experience.

## REGISTRATION PROCESS

- 1) Complete your registration form with parent/guardian signature and a copy of your school physical release or Doctor's release
- 2) Send a non-refundable \$60 along with completed registration to hold your spot—Final payment is due 2 weeks before start of registered session
- 3) Make checks payable to:  
Ibraheem Suberu Volleyball
- 4) Send all completed forms/checks to:  
Ibraheem Suberu, PSU Volleyball Office,  
1701 S. Broadway, Pittsburg, KS 66762
- 5) For more information, please feel free to email [isuberu@pittstate.edu](mailto:isuberu@pittstate.edu) or call 620.235.4674

