



VOLLEYBALL CAMP

Take Your Skills to the Next Level:
Experience Volleyball in Boston!

JULY 23 - 26, 2014



SIMMONS Volleyball Camp
300 The Fenway
Boston, MA 02115



Residence Campus

- 54 Pilgrim Road
Boston, Massachusetts 02215
- 6 Simmons Hall
 - 7 Dix Hall
 - 8 Smith Hall
 - 9 Arnold Hall
 - 10 North Hall
 - 11 Health Center/
Residence Services

Academic Campus

- 300 The Fenway
Boston, Massachusetts 02115
- 1 Main College Building
 - 2 Beateley Library and
Lefavour Hall
 - 3 Park Science Center
 - 4 School of Management and
Academic Building
 - 5 One Palace Road
 - 12 Holmes Sports Center
 - 13 South Hall
 - 14 Alumnae Hall
 - 15 Barrol Dining Hall
 - 16 Evans Hall
 - 17 Mesick Hall
 - 18 Morse Hall

REGISTRATION DEADLINE

June 15, 2014

TUITION

Overnight: \$415
Commuter: \$354
Team Registration*

*Each team of 10 receives 10% off per person.



THE LEADERSHIP CONNECTION

At Simmons, we believe in the importance of leadership development through athletics.

Participation in athletics develops many facets of leadership skills: the ability to work in teams, meet goals, manage setbacks, accept feedback and be flexible.

At Simmons Volleyball Camp, we are committed to weaving volleyball and leadership together. Our goal is to teach you how to develop your leadership skills on the court and transfer them to your life.

CAMP SCHEDULE

WEDNESDAY

2:00pm Registration
3:00pm Welcome Meeting
4:00pm Skills Clinic
6:00pm Dinner
7:30pm Workshop: Goal Setting & Mental Training
9:00pm Group Activity
10:30pm Lights Out

THURSDAY & FRIDAY

7:45am Breakfast
9:00am Stretching and Conditioning
9:15am Practice: Defense and Serving Drills
12:00pm Lunch
1:30pm Afternoon Demonstration & Practice
3:00pm Workshop: Leadership or Agilities
5:00pm Dinner
7:00pm Team Play/Doubles Tournaments
8:30pm Pool Time
10:00pm Lights Out

SATURDAY

7:45am Breakfast
9:00am Tournament
11:30am Closing Ceremony & Check Out



CAMP DIRECTOR / HEAD COACH

Alesia Vaccari

Alesia Vaccari joined Simmons Athletics in 2011. In her first season with the Sharks, Vaccari led the team to a 20-10 overall record and a 9-4 GNAC record and a berth in the GNAC semifinal round for the first time in program history. Vaccari was named 2011 GNAC Volleyball Coach of the Year, and given an AVCA 30 Under 30 honor.



Vaccari joins the Sharks after two years as the Assistant Coach for the Clarkson University Volleyball program. In 2009, Vaccari helped lead the Golden Knights to their first Liberty League Championship and NCAA Tournament appearance as Clarkson went 28-7, the top winning percentage in program history.

Vaccari, a 2006 graduate of Springfield College with a degree in Athletic Training, was a two-time All-American for the Springfield Pride in 2003 and 2004, two seasons in which her team reached the NCAA Tournament. A three-year captain and the 2004 NEWMAC Player of the Year, Vaccari is Springfield's all-time leader in assists (5,196) and aces (321) and ranks eighth at the school in digs (1,196). Springfield went 109-31 in her four seasons (.779 winning percentage) and she played in all 140 matches over that four-year span.

Coach Vaccari will be joined by current Simmons athletes on the Volleyball Camp coaching staff.

CONTACT COACH VACCARI

alesia.vaccari@simmons.edu / 617-521-1039
www.simmons.edu/athletics/camps-clinics