

Houghton University

Volleyball Camp- July 28-August 1, 2024



IMPORTANT PHONE NUMBERS:

Camp Director Contact Info.: Danielle Heffernan

Camp Director E-Mail: danielle.heffernan@houghton.edu

Conference Director: Becca Crouch becca.crouch@houghton.edu

Safety and Security: 585-567-9333 (on duty 24-hours a day in the event of an emergency)

IMPORTANT ADDRESS:

Sunday Registration and Drop Off: **5:00-6:30pm in the Nielsen Center**

Houghton University Nielsen Center

1 Willard Avenue, Houghton, NY 14744

<https://www.houghton.edu/admission/visiting/campus-map/>

PAYMENTS AND FINAL BALANCES:

- All payments are completed online through your UltraCamp Registration.
- You have the option to pay in full or make smaller monthly payments.
- Payment amount or changes can be adjusted by contacting conferences@houghton.edu

VOLLEYBALL CAMP REFUND POLICY:

- Withdrawal 3 weeks prior to Camp Start Date: If payment is above the \$50 non-refundable deposit, full refund less the \$50 deposit.
- No refund granted if withdrawal is within 2 weeks of camp.
- Special consideration will be given if withdrawal is for medical reasons.

REGISTRATION DAY:

- **Registration on Sunday is from: 5:00-6:30pm in the Nielsen Center.**
- Campers will check-in and meet camp staff, receive camp t-shirt, meet with the summer medical staff, and drop off belongings in their dorm room.
- **NEW! FORMS SUBMITTED ONLINE PRIOR TO ARRIVAL**
 - Medical Forms – A physician's signature must accompany each medication, both prescriptions and over the counter, must be turned into the camp health director at time of check-in.
 - All of your over-the-counter and prescription medications must be labeled and in their original containers.
 - Copy of Insurance Card

CAMPER PICK-UP:

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2023 Houghton Volleyball Camp
July 28-August 1, 2024



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DAILY SCHEDULE:

Sunday, July 28

Time	Event	Location
5:00-6:00pm	Camp Registration	Nielsen Center
6:30pm	Roll call: Introduction of coaches	Nielsen Center
6:40pm	Explain the draft: Warm up and stretch	Nielsen Center
6:50-8:30pm	Draft	Nielsen Center
8:30-8:45pm	Camp Rules- Day Campers Dismissed at 8:45	Nielsen Center
9:00pm	Return to Dorms	
10:00pm	Lights Out	

Monday through Wednesday – July 29-31 (Tues. T-SHIRTS TUES DAY FOR PICTURE)

Time	Event	Location
7:00am	Wake up	
7:30-8:00am	Breakfast	
8:30am	Roll call, Character Talk	Nielsen Center
8:45am	Warm up and stretch	Nielsen Center
9:05-11:40am	Individual Clinics	Nielsen Center
11:45-11:50am	Role call in spots...announcements, head to lunch	Nielsen Center
11:55am-12:30pm	Lunch	
12:35- 1:25pm	Dorm time	
1:35pm	Roll Call	Nielsen Center
1:40-1:55pm	Warm up and Stretch	Nielsen Center
1:55-4:30pm	Stations	Nielsen Center
4:35pm	Roll Call	Nielsen Center
4:50-5:40pm	Dinner	
6:00pm	Roll Call	Nielsen Center
6:05-8:15pm	6 on 6 /Wally ball /Pool/9 square	Nielsen Center
8:15-8:45pm	Thought of the Day- Day Campers Dismissed at 8:45pm	Nielsen Center
8:45pm	Gym/Pool time	Nielsen Center
9:45pm	Return to Dorms	
10:30pm	Lights out	

Thursday, August 1

Time	Event	Location
7:00am	Wake up	
7:30am	Breakfast	
8:30am	Roll Call	Nielsen Center
8:35-8:45am	Team warm up and stretching	Nielsen Center
8:45-11:45am	Finish Tournaments	Nielsen Center
11:45am	Awards	Nielsen Center
12:00pm	Campers Dismissed	

Thank you for coming to Camp! We hope to see you next summer!

CAMPER EXPECTATIONS AND INFORMATION:



Houghton University Volleyball Camp is intended to be an educational experience aimed at the whole person- physical, intellectual, social and spiritual- set within a fun, enjoyable and safe environment. Structure and mutual respect are essential to accomplishing this goal. The following rules are intended to create just such an atmosphere. Therefore, we ask that you abide by the following rules during your time at camp:

- Demonstrate Excellence in all that you do. Give your best for the few days you are here.
- We have a **ZERO TOLERANCE** policy for bullying so that every camper is safe. We will not tolerate any behaviors toward another camper that could be considered harassing, intimidating, threatening, or demeaning. Any camper involved in this type of behavior will be dismissed from camp without refund.
- No swearing, smoking, gambling, drinking, drugs, or indecent photos. Any such offense gives us grounds for dismissal from camp without refund.
- You must not leave campus for any reason unless approved by Coach Heffernan. Campers must be signed out by a parent if they are approved to leave early during the camp day.
- No cell phones permitted during training sessions or formal camp gatherings unless a coach grants permission. Phones are permitted to be used in dorms and at meal times.
- Look for ways to encourage fellow campers whenever possible.
- All injuries must be reported to the Athletic Trainer when they occur. Keep up with necessary pre/post-play treatments. The Athletic Trainers have a lot of counselors to look after, so be diligent!
- Follow the Daily Schedule. Be in the proper place at all times. Be early!
- Campers are NOT permitted in ANY building other than your dorm, the Campus Center, and the Nielsen Athletic Center, unless otherwise directed by the Camp Director.
- Stay with your assigned counselor during free times or non-volleyball activities. Campers ARE NOT permitted to be without counselor supervision for the duration of camp.
- Do not enter another camper's room without their expressed permission.
- Respect individuals' property. Vandalism and theft will result in immediate dismissal without refund.
- Please keep the dorms clean. Use garbage cans on each floor.
- Directors and floor counselors may inspect your room at any time without advance notice.
- Be aware of lights-out times, these will be enforced throughout the week.
- Be aware of roll-call times. You are responsible for being in the right place with your assigned counselor.
- Damage to college property will be billed to camper and parents/guardian.
- Leave all areas more clean and better than we found them (i.e. cafeteria, gym, dorms)
- Campers must stay with counselor when transitioning from one area of campus to another.
- No food or drinks are to be taken into the pool area.

Have a great week and enjoy camp. We are so excited you have chosen to spend this week of your summer with us!

THINGS TO BRING TO CAMP:

- \$30.00 Key Deposit (Refundable)- **Exact change appreciated**
- Pillow, Sheets (twin beds), Blankets, Towels, Toiletries
- Alarm Clock
- Fan (optional but **strongly recommended**)
- Volleyball Sneakers, Running Shoes, flip flops or other comfortable shoes
- Athletic attire (shorts, t-shirts) for 5 days plus additional for changes
- Swimsuit & towel - During the few breaks we have, campers can choose (optional) to take a swim
- A great and courteous attitude toward all



THINGS NOT TO BRING TO CAMP:

- Refrigerators
- Televisions and/or video game attachments
- Valuables, we are not responsible for anything that is lost or stolen

DIRECTIONS TO HOUGHTON UNIVERSITY CAMPUS:

From Jamestown, NY

- Take Interstate 86 East (Southern Tier Expwy.) to exit 30 (Belmont).
- Turn left onto Route 19 and follow north 14 miles to Houghton.

From Rochester, NY

- Take Interstate 390 South to the Mt. Morris exit.
- Turn left at light off ramp and follow light in Mt. Morris.
- Take left at light, then take an immediate right at light and follow Route 408 south to Nunda.
- Turn right at light in Nunda onto Route 436 to Portageville; turn south on 19A (later turns into Route 19) to Houghton.

From Buffalo, NY

- Take Route 400 south, which becomes Route 16, to Yorkshire (Arcade).
- Turn left onto Route 39 east and follow to Route 98.
- Turn right at light and follow to Caneadea (Route 98 turns into Route 243).
- Turn left at blinking light at end of road; go north on Route 19 and follow 3 miles to Houghton.

From Greater New York City

- Take Interstate 86 West (Southern Tier Expwy.) to exit 30 (Belmont).
- Turn right onto Route 19 and follow north 14 miles to Houghton.

From Central PA and Maryland

- Take Route 15 north to Corning area.
- Take Interstate 86 West (Southern Tier Expwy.) to exit 30 (Belmont).
- Turn onto Route 19 and follow north 14 miles to Houghton

Houghton University Main Campus Map

Safety and Security are on duty 24-hours a day. In an emergency, you can reach them at: (585) 567-9333

