

Houghton University Volleyball Camp

July 26-30, 2026



IMPORTANT PHONE NUMBERS:

Camp Director: Danielle Heffernan

Camp Director E-Mail: danielle.heffernan@houghton.edu, Office Phone: (585) 567-9292

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 - 6:00 pm in the Reinhold Campus 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 can 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 before Camp Start Date: If payment exceeds the \$50 non-refundable deposit, the full refund will be less than 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 5:00-6:00 pm in the Reinhold Campus Center**
- Campers will check in and meet camp staff, receive camp t-shirts, meet with the summer medical staff, and drop off belongings in their dorm room.
- **FORMS SUBMITTED ONLINE BEFORE ARRIVAL**
 - Medication Administration Form – A physician's signature is required on each prescription and over-the-counter medication and must be submitted to the camp health director at check-in. All medications, whether prescription or over-the-counter, must be labeled and stored in their original containers.
 - Immunization Record

CAMPER PICK-UP:

CAMPER PICK-UP: Camp will end after the Awards Ceremony on Thursday at 12:00 pm. Camper check-out will be in Gillette Dorm. Campers will return their keys and get their deposit back.

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DAILY SCHEDULE:

Sunday, July 26

Time	Event	Location
5:00-6:00pm	Camp Registration	Reinhold Campus Center
6:30pm	Roll Call: Introduction of Coaches	Nielsen Center
6:45-8:30pm	Evening Session	Nielsen Center/KPAC
8:30-8:45pm	Team Talk/Camp Rules- Day Campers Dismissed at 8:45	Nielsen Center
8:45-9:00pm	Return to Dorms/Dorm Time	
10:00pm	Lights Out	

Monday through Wednesday – July 27-July 29

Time	Event	Location
7:00-7:30am	Wake up	
7:30-8:00am	Breakfast	
8:30am	Roll Call, Character Talk- <u>Day Camper Arrival- 8:20 am</u>	Nielsen Center
9:00am-12:00pm	Morning Skill Instruction	Nielsen Center/KPAC
12:00pm	Roll Call	Nielsen Center
12:00-12:45pm	Lunch	
12:45-1:30pm	Dorm Time	
1:45pm	Roll Call	Nielsen Center
2:00-5:00pm	Afternoon Session	Nielsen Center
5:00pm	Roll Call	Nielsen Center
5:00-5:45pm	Dinner	
6:00pm	Roll Call	Nielsen Center
6:00-8:30pm	Evening Session	Nielsen Center/KPAC
8:30-8:45pm	Team Talk- <u>Day Camper Dismissal-8:45 pm</u>	Nielsen Center
8:45pm	Return to Dorms	Nielsen Center
8:45pm-9:50pm	Dorm Time (Campers Pack and Clean Room)	
10:00pm	Lights Out	

Thursday, July 30 (Thursday Morning - T-Shirts for Camp Picture)

Time	Event	Location
7:00-7:30am	Wake up	
7:30-8:00am	Breakfast (After Breakfast Campers Pack & Clean Room)	
8:15am	Roll Call & Camp Picture (Wear Camp T-Shirt)	Nielsen Center
8:30-11:45am	Finish Tournaments	Nielsen Center/KPAC
11:45am	Awards/Character Talk/Team Talk	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 offers an educational experience focused on the whole person—physical, intellectual, social, and spiritual—within a fun, enjoyable, and safe environment. Structure and mutual respect are crucial for achieving this goal. The following rules are intended to foster such an atmosphere. Therefore, we ask that you follow these 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 to ensure every camper feels safe. We will not accept behavior toward another camper that could be considered harassment, intimidation, threats, or demeaning. Any camper involved in such behavior will be sent home from camp without a refund.
- No swearing, smoking, gambling, drinking, drugs, or indecent photos. Any such behavior provides grounds for us to dismiss you from camp without a refund.
- Look for chances to motivate and encourage fellow campers whenever possible.
- Modest attire is required; a shirt must be worn at all training sessions.
- You must not leave campus unless Coach Heffernan gives approval. If campers are allowed to leave early during the camp day, a parent must sign them out.
- No cell phones are permitted during training sessions or formal camp gatherings unless a coach grants permission. Phones are allowed in dorms and during mealtimes.
- Report all injuries immediately to the Athletic Trainer when they happen. Stay on top of necessary pre- and post-play treatments. The Athletic Trainers have many campers to care for, so be attentive!
- Follow the Daily Schedule. Be in the proper place at all times. Arrive early!
- Campers are NOT allowed in ANY building except your dorm, the campus center, Kerr-Pegula Field House, and Nielsen Athletic Center unless directed otherwise by the Camp Director.
- Stay with your assigned counselor during free time or non-volleyball activities. Campers are not allowed to be without counselor supervision for the duration of camp, especially when moving between different areas of the camp.
- Be aware of roll-call times. You are responsible for being in the correct location with your assigned counselor.
- Be aware of lights-out times; these will be enforced throughout the week.
- Please keep the dorms tidy. Use the trash cans on each floor.
- Do not enter another camper's room without their explicit permission.
- Directors and floor counselors can inspect your room without prior notice.
- Respect others' property. Vandalism or theft will result in immediate dismissal with no refund.
- Damage to university property will be charged to the camper and their parents or guardians.
- Leave all areas cleaner and better than we find them, including the cafeteria, courts, and dorms.

Have a great week, and enjoy camp.

We are so excited you have chosen to spend this week with us!

Houghton University Volleyball Camp

Packing List



THINGS TO BRING TO CAMP:

Volleyball Specific

- ☐ Volleyball Court Shoes/Sneakers
- ☐ Knee Pads
- ☐ Arm Sleeves
- ☐ Water Bottle

Linens

- ☐ Pillow/Pillowcase
- ☐ Twin sheets
- ☐ Blanket
- ☐ Towels

Toiletries

- ☐ Shampoo/Conditioner
- ☐ Soap
- ☐ Deodorant
- ☐ Toothbrush/toothpaste

Clothes

- ☐ Athletic clothing for five days, plus extras for additional changes
- ☐ Swimsuit/towel
- ☐ Comfortable shoes (sneakers/flip-flops)
- ☐ Additional clothes for the dorm

Other Items:

- ☐ Fan (optional but highly recommended)
- ☐ Alarm clock
- ☐ Personal spending money (optional) - to use at the camp concession stand or the campus store
- ☐ \$30.00 key deposit (refundable) - exact change is appreciated
- ☐ A great and courteous attitude toward all
- ☐ Energy and fun

THINGS NOT TO BRING TO CAMP:

- ☐ Refrigerators
- ☐ Televisions and/or Blu-Ray and/or video game consoles
- ☐ Valuables: we are not responsible for anything that is lost or stolen