



# Volleyball

## Development Camps

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**V**olleyball is:

**b**elief.

**D**iscipline.

**C**ommitment.

Volleyball is a world sport, one of the most popular games on the planet. For many just getting the ball over the net is satisfying. To others the only thing that matters is competing at the highest level they can achieve. Volleyball Development Camps helps all who love the sport achieve their peak proficiency in performance.



**V**olleyball Development Camps ran its first event in 2005, a week-long day camp for two dozen local athletes ranging from beginners to teens who practised with their parent's club. Three years later there were several more camps, designed to introduce the sport to first-timers, for adolescents who needed help learning to handle the volleyball, and for teenagers who were beginning to play and compete year round at higher levels.

**T**oday there are seven levels of training in the VbDC curriculum, along with English language tuition for athletes from abroad, and a new outreach activity for schools and leisure centres. Young athletes aged 8 to 22 participate in training tailored to their particular level of ability (see opposite). Aspects of the game covering players' technical form and game tactics are introduced from early ages. Guest speakers discuss the game during lunch breaks, professional and national teams have joined the training sessions, and sports science specialists analyse individual athlete's performance. Many athletes return year after year and progress through the range of camps. Some have become friends, in whom VbDC has taken an active involvement in helping them chart their sports future.

**A**ctivities have grown off court, too, with VbDC assisting gifted athletes in their search for scholarships to universities, organising courses for the qualification of game officials and coaches, and sponsoring local clubs. A sister company, Top Flight Volley, retails training equipment, balls, shoes, accessories and clothing.

**B**ut the basic guidelines on which VbDC was founded in 2005 have never changed: Assemble highly qualified coaches in the best facilities available and create a course of instruction that will help disciplined, dedicated volleyball athletes take their performance to a higher level. ➤

## Skills camps

**First and Next Stepz** For youngsters who have never played volleyball. First Stepz can also be conducted as a one-day outreach camp to schools and leisure centers, and then followed by a weekend camp, called Next Stepz, at a VbDC gym. Age 8 -12

**Pathways** For youngsters who have decided they want to play competitive volleyball. Age 11-14

**Skillz** Athletes participating in early levels of competition volleyball who want to advance to more competitive involvement. Age 13 -16

## Transition

**Skillz Plus** Athletes preparing for longer, more rigorous training. Age 13 -16

## Performance camps

**Emerging Elite** For athletes who have made the commitment to start year-round training and competition. Age 14 -18

**Pre-Elite** Athletes who have been identified by their coaches as young adults having the potential to advance into elite sports, but who have limited experience of elite training. Age 15 -18

**Elite** Athletes who compete in top divisions of national leagues, for universities, or who have trained with their national squad. Age 16 -22



**Bespoke camps and workshops** VbDC has organized specialty camps which are created for school teams, adults, or for training in specific skills

# Fundamental truths for great sports camps

Over the years we have come to realise that underlying the work we do in running camps there are certain things that we wholeheartedly believe in and will not compromise on. We instinctively “know” when something feels right to us, but as that is a rather abstract concept to explain, we have set about defining our “fundamental truths”.

We aspire to be considered “thought leaders” in sports training and education, as a result of our long experience in coaching and sports management, along with the received wisdom of the excellent coaches we have worked with over the years.



## OUR STANDARDS

- We hire the best coaches and give them the utmost respect by valuing their input at all stages of the camps and paying market leading fees.
- We use the best facilities to provide an inspiring learning environment.
- We use the best equipment, looking outside the confines of our sport for ideas and inspiration.
- We seek beyond our horizons to enrich and enhance our knowledge of the game.

## TECHNICAL DEVELOPMENT

We provide a progressive pathway through our camps for athletes ➤

## First Stepz

8 – 12 y/o

An introductory course  
Short bursts of fun  
activities which teach  
the youngest athletes  
the fundamentals of the  
game

## Pathways

11 – 14 y/o

Single weekend course  
Emphasis shifts from  
“how” to “why” aspects  
of ball-handling.  
Individual training is  
interspersed with fun,  
team-based activity

## Elite

16 – 22 y/o

Serious training for serious volleyball athletes.  
The training touches on the finer points of  
technical form, but main emphasis is on  
teamwork, tactics, pre- and post-game  
preparation and care, stamina and mental  
concentration



[www.vbdc.co.uk](http://www.vbdc.co.uk)

## Skillz

13 – 16 y/o

Two day weekend camp  
Curriculum concentrates on  
refining the individual ball-  
handling skills needed for  
effective teamwork, in order to  
enable the athlete to enter  
team-based training

## Skillz Plus

13 – 16 y/o

Sixteen hours over five days  
Transitional course from  
learning individual ball-handling  
skills to participating in team-  
based training, to prepare the  
athlete for performance training

## Emerging Elite

14 – 18 y/o

A highly disciplined week  
of team-based  
performance training.  
First camp at which bio-  
mechanical analysis and  
performance testing  
takes place

## Pre Elite

15 – 18 y/o

Five full days of  
demanding and  
regimented team-based  
training. For athletes  
having potential to  
advance into elite level  
training.  
Increased emphasis on  
tactical elements of the  
game



ranging in age from age 8 to 23-plus. The progression includes some common strands, regardless of age and skill level:

- Our camps are broadly split between “skill acquisition”, “skill application” and “performance”.
- We are advocates of small-sided games as we believe that they provide a greater number of ball contacts, interactions and emphasise the linking of skills.
- However, full court games play an important part of our camps.
- We aim to develop rounded players with competencies in all areas of the game, with discussions around positional specialisation only taking place at the higher level camps.

## INDIVIDUAL DEVELOPMENT

Our camps are designed so that athletes can seamlessly progress from one camp to another:

- In the past we have added extra camps to fill gaps in the curriculum along this pathway.
- Age in itself does not automatically progress an athlete onto the next camp, nor does it automatically restrict a talented younger athlete from attending higher level camps.
- However we do believe that a fairly strict lower age limit is necessary for our Performance Camps due to the physical demands of an intense five-day camp.

The chart on Page 5 shows how our camps are linked together and uses the colour grading system that will be familiar to skiers and snowboarders. This only provides a representation of our volleyball universe as a rough guide for people who are new to our programmes.

Of course we realise athletes at the top level of our Elite Camp will (hopefully) go on to greater things in the sport and enter a whole new development cycle. Indeed we impartially advise athletes on opportunities available on both ➤

sides of the Atlantic and have successfully helped a number of athletes secure places at American universities.

## REALISTIC DISCOMFORT

We aim to create an environment where players are challenged, but equally where they are comfortable making mistakes or taking risks at times to create opportunities to learn. We provide honest but always supportive feedback even if it means challenging the boundaries of their comfort zones. Our athletes are taught resilience, self-regulation and are encouraged to be self-reliant in order to:

- Deal with the highs and lows encountered in a competitive sports environment.
- Realise that decisions are viewed as active choices and not sacrifices.
- Take responsibility for their thoughts, feelings and behaviours.

Many athletes coming to our camps may not have experienced this before and this is what we term “realistic discomfort”. We aim to provide and encourage athletes to use non-sport ➤





networks providing emotional, social as well as technical and tactical support.

## EXPECTATIONS AND RECOGNITIONS

We expect a lot of our campers and we offer a lot in return:

- Individual attention.
- Physical preparation and screening.
- Video and biometric analysis.

We introduce our athletes to a high performance environment, highlighting not only what happens on the court but what is expected off the court from those wishing to perform at a high level. We demand discipline, for example:

- No mobile phones.
- No loose balls – quickly returned when instructed.
- Respect for others at all times.
- Notifying coaches if it is necessary to leave the court.

**W**e recognise that our contact with the athletes coming to our camps is limited and we aim to set them on the correct path to encourage “step changes” in their thinking. While we want every athlete to be the best that they possibly can be, we also recognise that not everyone makes it to the top of the development pyramid. ●



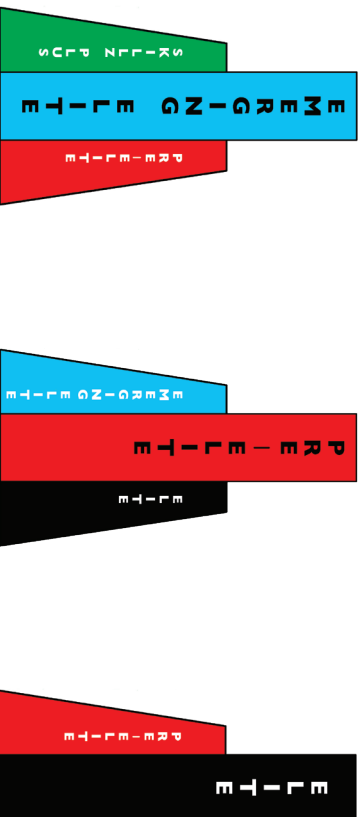
# Are we having fun?

*Yes, you are if you come with the right attitude*

Attending a Volleyball Development Camps camp or workshop will not make you a great volleyball player. *You* will make you a great volleyball player. Your school coach, your club coach, your fellow players, your family, and of course VbDC too, will all add something to the mix that will make you the best player you can be. But only if you want to. ➤



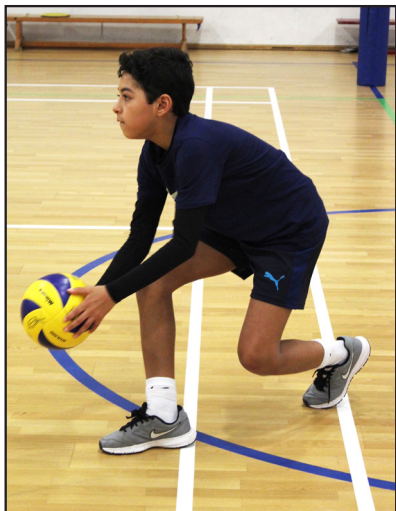
# Structure of the summer camps



The curriculum of each Performance Camp has a main focus on a specific level of ability, shown in the central bar of each graph. But that should not prevent athletes of ability either slightly above or below that of the central camp from attending. To provide athletes with several summer date options, VbDC also conducts "shoulder camps" on separate courts. For each shoulder camp, the curriculum is modified to address the athletes' ability, and coaching is assigned to that group at a 1:6 ratio. Though training as separate groups, there are activities such as some drills, scrimmaging, warm-ups/cool-downs, and off-court events, in which all athletes take part.

You are where the journey to being the “best” begins, develops, matures and is completed.

**A**VbDC camp is only that: a camp. It is not a substitute for dedicated club training. But it can possibly teach you a new approach to some aspect of your game that could help you be a better player. It might not give you the inspiration that your school coach gave you when you were assigned your first playing position, but it will probably introduce you to other athletes who play the same position, and they will share the experiences that inspired them. It will never give you the same kind of support your family provides – but perhaps it will give you a new confidence in your game that will make your family proud.



**V**bDC sets some very basic rules for its camps to enable all participants to train in an environment designed to improve their game. They are simple and mainly involve common sense and courtesy.



We expect athletes to bring self discipline to a camp; it is paramount at all levels, but you will find that the more you progress, the more self discipline becomes a critical element of your training. It begins to take two forms: physical and mental self discipline.

The former will continue to build your body; the latter will enable you to communicate with your teammates and

coach, to understand how to prepare for the game and to out-think the opposition – but most of all it will teach you how to drive yourself to higher achievement.

**W**hile dedication is required to play the highest levels of volleyball, as it is for any sport, we believe that learning volleyball also requires patience.

There is no quick route into high-level volleyball. For sure there are talented individuals, but most people should ➤

expect to spend at least a year playing volleyball on a regular basis to acquire just the basic ball-handling skills. Once the individual can competently dig, set and spike, the pace of improvement accelerates rapidly.

**N**ot until those skills are committed to muscle memory and mental repertoire can the athlete begin to learn performance play as a team member. Then, when he or she is able to consistently apply those skills to the team effort, coaching will begin to concentrate principally on tactical awareness and game strategy. Getting to top-level volleyball is a never-ending process.

From the first time a person hits a ball over the net, the game of volleyball is learned in a succession of incremental steps, each one built upon the lessons learned in the last step. VbDC camps are designed as stairsteps presented in two groupings. The first group is dedicated to skills development through increasingly complicated drills and exercises. The second group takes student-athletes into performance training – pushing them and their team to ➤



higher levels of competitive performance. As the athlete progresses through the levels of camp, greater mental ability to focus on the training and more physical stamina are required.

Volleyball has a huge mental component to it and we teach mental discipline from the earliest level. A player must be able to maintain an intense concentration on the game, to understand how an error occurred, and to put it behind them and get on to the next point; or alternatively, to understand how a point was made and to use it to score more points. That mental approach is basic to the VbDC philosophy on training.

It may seem that VbDC's procedure to teaching the game is so structured that it neglects the fun element of volleyball. That assumption is wrong, not least because it delegates the entire responsibility for creating enjoyment to the coaches and their lesson plans. The most successful athletes at VbDC camps have been those who know they are not only an integral part of the "fun formula", but also its main beneficiaries. They enjoy the hard work and discipline because they understand its rewards. In the same way a student prepares their intellectual abilities, it can be enjoyable to work hard in order to play volleyball skillfully and effectively. Like studying for exams to make a good grade, an athlete's commitment to their training can determine the outcome – and that becomes a significant factor in whether or not they derive satisfaction from the effort.

The journey can be as much fun as the destination. ●

# What is the right VbDC camp for you?

*Choose your camp carefully – and honestly*

There are two levels of VbDC camps: Performance and Skills. Selecting the right level will be important to getting the most out of the curriculum.

We have produced a self-assessment chart for student-athletes considering our camps, to provide a measure of the skill levels required to make the camp a successful and enjoyable



experience. Where we give a percentage we expect this to be achieved over a statistically significant sample – that is, more than a “lucky” 10 attempts.

For the Performance Camps, athletes should be playing competitive volleyball at a competent high school varsity conference level, in a National/Regional/County league

*'Stretch a lot'*



*'We loved how you gave us techniques and tips on how to perform exercises'*



*'The coach was extremely fun and you could sense he really observed each player individually'*



*'Bring lots of water'*





'The coaches are very helpful and gave us a lot of tips in order to improve our game. Coach Paul explains a lot of things about the technique'



'Always have a good mindset and never give up'



'Be ready to work really hard. Come prepared for a tough time'



'Always listen and try hard in every drill'



or in Volleyball England recognised age group competition, and ideally training year round. Overseas campers need to provide details of the level at which they train and compete.

At the Performance level, the drills used at the camp move on from mainly individual, single-skill, “closed” exercises to lengthy drills requiring a group of athletes to link two or more skills together, in preparation for the introduction of tactical elements of the game. Performance training requires that the basic ball-handling skills can be consistently well executed in order for the athlete to contribute to, and benefit from, sustained “open-ended” game-simulation exercises.

**W**hy do we stress this transition from Skills to Performance Camps? If ball-handling standards cannot be maintained, drills will break down to the detriment of all. Participants will become frustrated, coaches will have difficulties in maintaining the level of training, and the athletes’ full potential will not be realised.

Your level of skill is not the only thing to consider. Ask yourself whether you have the stamina necessary to get the most out of a week-long camp. Your attitude toward ➤

being coached in a demanding environment also needs to be considered. Can you take constructive criticism? Are you willing to work with coaches whose approach to the game may be different from that of your other coaches? If you fail at a drill, are you willing to keep trying until you get it right? How well can you interact with fellow athletes, encourage them and accept their praise?

“Coachability” and its close companion, “positive team attitude”, are as much a part of a successful VbDC camp as is your level of ability.

## Assessing your level of skill for a VbDC camp

*If you want to get the most out of a VbDC camp, you have to be objective about your abilities. VbDC has prepared a diagram which you can use to assess your ability in 10 basic skills. It will help you decide which camp is best for you*

The diagram on the next two pages covers the basic skills of volleyball, gives a description of the skill, and explains why the skill is important. It also gives a percentage of times the particular skill must be successfully completed in order to reach a level of competence appropriate for the camp you would like to attend, and then relates that to the green/blue/red/black theme to show the skill level. These are the minimum percentages *consistently* required in the task, not the percentage achieved in a “lucky run”. ➤

# Assess your skill level and match it to a camp

## Serving

Skill: Basic overhand serve of good speed (employing jump, float or topspin)

- Land in court
- Hit a 3 sq.m. target

*Demonstrates ability to initiate rally and take opposition out of system*

under  
arm  
only

15 - 35  
0 - 30

35 - 90  
30 - 50

90 - 100  
50 - 80

## Service reception

Skill: Basic service reception from various positions to serves of differing types

- Return serve to 3 sq.m. area at the net at settable height

*Demonstrates ability to read and defend serve and initiate offensive play*

0 - 10

10 - 25

25 - 60

60 - 90

## Volleying

Skill: From position 2.5 deliver a hittable ball to positions 2, 3 and 4

- Set from 2 to within 1 m. of the antenna at 4 and 1 m. off net maximum
- Reverse set accurately to hitter at 2
- Quick set middle hitter

*Demonstrates player's control in setting the ball for a variety of standard front row attacks*

0 - 20

20 - 40

40 - 80

80 - 95

0

0 - 30

30 - 80

80 - 90

0

0 - 15

15 - 50

50 - 85

## Hitting

Skill: From position 4 complete a kill spike

- Deliver attacking spike into court from a well-set ball

- Consistently execute shots on command, including dumps, tips, slides, quick-hits, rolls and corner sets

*Demonstrates player's competence in completing an effective attack from a properly set ball*

0 - 10

10 - 50

50 - 80

80 - 95

0

0 - 40

40 - 70

70 - 95

## Defense

Skill: Digging an easy, controlled, indirectly fed ball to within 0.5 meters of the feed

- Ball dug high and forward to a settable height and position

*Demonstrates ability to move into defensive position, defend and initiate attack sequence*

0 - 10

10 - 40

40 - 75

75 - 95

## Blocking

Skill: Move from middle of front row within 1.5 seconds to block either wing

- Get into position within 1.5 seconds

*Demonstrates ability to read opposition attack and provide front row defense*

0

0 - 40

40 - 75

75 - 90

# Volleyball, волейбол, pallavolo, voleibol...

*However you train for the game, it goes well with English language studies, now an option at any VbDC summer developmental camp*

Several years after VbDC was launched, campers from abroad began to enrol in the camps. Before long, composition of the week-long camps included a growing proportion of athletes from non-English speaking countries. Many were coming not only to improve their sports skills, but also to practice their English.

As a result, the VbDC English Language Camp was created. Arrangements were made with a highly regarded programme run by an international school for campers to attend morning language classes and then transfer to the camp venue for afternoon volleyball training.

It was a formal and expensive course: the school had a state-of-the-art language laboratory and provided outstanding tuition in grammar and vocabulary. Even so, we didn't get it right.

Parents told us their children already had that kind of language training at their own schools. They were looking for something no classroom lessons could provide – a setting where the athletes could put what they had learned to practical use. They wanted to give their children an opportunity to practice conversational English with peers in a casual, fun environment.

So English language tuition at VbDC camps changed. Today, qualified tutors are invited to the gymnasium, the dormitory and on non-volleyball activities, to provide athletes with assistance ➤

in their application of the English language to everyday situations. It is informal, friendly, unstructured – and fun. Private tutoring can be provided for specific periods during the week if that is desired, but the tutors' primary purpose is to fit in with the gym and off-court activities as a part of the coaching team, and help the student-athlete feel more comfortable in their use of English in everyday situations.

**T**his change has shown advantages for campers. Instead of restricting the language training to just one camp, it is now possible to provide this service at any of the residential VbDC summer



campers. The starting cost of the optional tuition is much lower than the full, structured course. It is flexible; while VbDC requires a minimum purchase of five hours of tutoring assistance at UK industry rates, one-to-one tuition can be provided as a supplement for an additional fee. Instead of possibly worrying about making a passing grade in a formal course, students can feel at ease with a “language coach”, learning English at their own pace (and about things that teens are *really* interested in), and understanding how to express themselves in everyday situations rather than in the artificial environment of a classroom.

This change of method fits into the VbDC philosophy. Just as VbDC sports coaching supplements, rather than replaces, the training at the athlete's home club, VbDC language training now acts as a companion to the formal courses at home.

# VbDC camps explained

*A description of our seven levels of camps for young athletes, and our specialist programs*

## Skills Development Camps

### *First and Next Stepz*

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The VbDC course for youngsters who are interested in volleyball, and may have tried it once or twice. It is taught in short, energy-filled sessions commensurate with their ability to focus on drills fundamental to developing ball control.

Fun is key to the course, but as a sugar coating to the mechanical repetition of basic ball-handling skills. VbDC



recognizes that though repetitive, closed-ended drilling for the creation of “muscle memory” may be crucial to learning, it can become boring for the very young. The playful atmosphere is intended

to foster enthusiasm while the first building blocks to proficiency are laid down.

Coaches qualified with the FIVB, Volleyball England or the American Volleyball Coaches Association use innovative drills from around the world to help young athletes start a rewarding participation in recreational volleyball. ➤



## Pathways

The satisfaction of advancing from beginner to intermediate player is considerable, but volleyball is not an easy sport to learn. Progress and success depend on regular training, which builds balance, speed, agility, stamina, acceleration and explosive strength. Pathways moves athletes into more organised, concentration-dependent drills. The athlete will have played recreational volleyball and may have just started or would like to try competitive, rules-based volleyball.

This is a broad catchment, so athletes tend to be divided into two groups. Those not sufficiently familiar with the rules or basic skills of the recreational game receive training in those areas to improve their knowledge and ball-handling, and make the sport more fulfilling. Those who have started competitive play are introduced to the purpose of three-touch volleyball and the improvement of their ability to engage in that form of the game.



**D**rills require an increased ability to focus. Cooperation and communication with teammates is introduced, as well as positional responsibility and court coverage. Although the main emphasis is on defense and effective passing,

training begins to take on the appearance of preparing for competitive volleyball, and indeed, some of the drills introduced at this level are almost the same as those used by elite players.

## ***Skillz Weekend and Skillz Plus***

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Between the ages of 13 and 16, an athlete is likely to have decided whether volleyball is going to be their number one sport or a seasonal activity. In either decision, and dependent



on the amount of time put into their training, it is inevitable that he or she will still require help in refining their ball-handling skills. The Skillz Weekend gives the athlete their first introduction to regimented training sessions that demand not just physical fitness and increased coordination, but also mental awareness of the game situation, an ability to think for

themselves, the capacity to contribute effectively to the team, and the willingness to work with a coach. It is a curriculum that recognises that the athlete's body is beginning to take on more adult characteristics and can therefore accommodate more rigorous drills. But it is the most important "muscle" in the human body – the one between the ears – that begins to receive an increasing amount of attention. ➤

**A**t Skillz Weekend, mental agility becomes as significant, and in some cases even more important, than physical ability. Athletes are introduced to linked drills requiring two or more skills to be used in association with one or two partners; they start the process of incorporating tactics into their drills, and they begin understanding that the game begins well before taking the court. Consequently, it is a physically demanding camp and therefore limited to two days in recognition that 10 hard hours of basic training in serving, passing, attacking and blocking are as much as most athletes this age will be able to take in one dose.



The curriculum continues at the Skillz Plus Camp, but with double the hours. Skillz Plus is a transition to week-long sessions where the dominance of individual ball-handling drills yields to team-based, open-ended training. Here VbDC campers can first earn recognition as potential “elite” athletes.

## Performance Development Camps

### *Emerging Elite*

At this camp athletes have their first extended encounter with team-based training, as the majority of drills are





based on open-ended game simulation. The intense training is for the athlete who has made the commitment to participate in volleyball year round, probably as their number one sport. The athlete may have played competitive volleyball sporadically or on a seasonal basis, but now considers volleyball their pre-eminent recreational activity.

Originally created for athletes who

had started playing year-round club ball and were ready to move into adult competition, this camp soon became identified as effectively meeting the needs of athletes in international school varsity programs, especially those considering participation outside the school season. And though only a few may be contemplating national league-level competition, their skillsets nevertheless warrant a team-based curriculum to help them play more effectively for their school.

Junior club players who have several years of year-round training find that the experience of working under a different coach with an international background introduces ➤

them to new styles of team play and tactics, and widens their understanding of the game. All participants are required to provide their club or school coach's recommendations for areas of improvement. A residential option with 24/7 chaperoning and evening activities is available.

## Pre-Elite

After establishing a positional role with their club team an athlete might be identified by their coach as exhibiting exceptional ability; they are candidates for the highest level of training, and possibly worthy of a try-out for their national team. However, they have not actually been introduced to the demands of elite training. This camp is where that happens; indeed, some

athletes use it as preparation for national team try-outs. Physically, the training is perhaps the most intensive of all VbDC camps, and participants must be in top



condition to participate and learn. Mental toughness is required: athletes are immersed in the individual's positional role in creating an efficient and effective team; they are put under stress situations in which their ability to perform ➤

must be close to flawless, and where their capacity to outwit the opposition is fundamental to winning the point. The athlete is pushed to the limit of their ability to test whether they are, as their coach suspects, material for the highest level of competition.

## ***Elite***

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The athletes who attend this camp are admitted by invitation only. Any athlete may apply, but an independent body will select the participants, normally 12 male and 12 female (plus stand-bys) based on their playing history and performance, and on the position they have played as members of their national team, a top division national league team, at university, or as participants at a national team training camp. Coach recommendation is required, as are videos and an essay.

As established elite athletes, participants will find both the physical and mental training to be at the intense levels at which they normally train, but perhaps with greater emphasis on helping them refine their technical skills ➤



further; at this level of competition even minute levels of performance fine tuning can make the difference between victory and defeat.

## ***Specialty and bespoke camps, and workshops***



As VbDC has grown, new programs have been added to its activities. One is the English Language Camp and another is the bespoke camp, organized at the request of a university, school or club for a weekend or a week. Normally they are not listed on the VbDC calendar of events, as they are conducted outside the posted schedule and may be open only to athletes from the sponsoring organization. However, some are open to the public, so it is worthwhile enquiring.

**A**mong the specialist camps is one called *Eight Simple Rules*, which is designed for adults who play recreational volleyball. Using basic principles, this weekend (or multiple evening) course can help mature players immediately realise an improvement to their game, resulting in greater satisfaction from playing a better form of volleyball without the need for many hours of intense training.

New to the VbDC agenda, and therefore not included in this brochure, is a series of one-day workshops. Usually set for a six-hour session with a lunch break, these are led by athletes who have established a reputation as an outstanding positional player, for example as a setter. They are assisted by qualified coaches in the planning of the curriculum. Visit the VbDC website to see what workshops are scheduled: [www.vbdc.co.uk](http://www.vbdc.co.uk).

# The FAQs

## ***How do we decide which camp will be best?***

Honesty and objectivity are required. We encourage applicants and their parents to discuss the athlete's skill level with us when in doubt. Although we set age guidelines, these can only be a rule of thumb. Some players are more experienced and skillful than their age would suggest, while others are latecomers to the game and may be behind others of their age. It is a considerable help for an athlete's coach to provide an assessment of the player, or for us to view video recordings of the player (these are expected for the Pre-Elite Camp and mandatory for the Elite Camp).

## ***What equipment is required?***

If it is a performance or advanced skills camp, participants should already have all the volleyball gear they need: proper shoes, kneepads, braces, and clothing. Those just starting need proper PE kit; if they decide to stick with the sport, they may want to purchase volleyball-specific footwear and accessories, which VbDC can supply.

## ***What about supervision and chaperoning?***

We are strict about our supervision of campers. Day campers can be dropped off and collected only by immediate family or by someone for whom written authorisation has been provided, and these people may need to provide photo IDs. No athlete may leave the gym floor during sessions without coach permission. At residential camps, there is 24-hour chaperoning by people who have undergone a DBS (child security) check.

## ***Are there residential facilities?***

Four camps currently have a residential option: the Skillz Plus, Emerging Elite, Pre-Elite and Elite camps. Halls of residence, youth hostels and housing with host families are arranged to our best endeavour.

## ***What are the payment methods?***

Payment may be made direct to Volleyball Development Camps online by credit card on the VbDC website. VbDC can also accommodate payment by check or bank transfer on request. Places at the weekend camps must be paid



in full to confirm a place, and for the week-long camps places are reserved on receipt of the deposit, and confirmed when the fee is paid in full. Terms and conditions are on the VbDC website.

### ***How does the athlete get to the venue?***

VbDC can provide collection from and delivery to designated ports of entry for participants who have reserved their places early and use long-distance air or rail transport, provided the participant can be at the designated pick-up site within specified time windows. If that is not possible, the participant has responsibility for making their way to the venue. For participants traveling commuting distances, VbDC can arrange for transport to be provided from rail stations close to the venue.

### ***Is medical care of the athletes provided?***

VbDC takes steps to ensure the well-being and care of the participants, and many members of the coaching staff and administrators are certified in basic First Aid. It is the responsibility of participants to ensure that VbDC is made aware of all medical conditions affecting the participants. VbDC will make every effort to ensure the medical needs of the participant are met, but accepts no responsibility for any medical care provided.

### ***Who provides travel and health insurance?***

Participants are responsible for all insurance covering travel to and from the event, and medical coverage during the period in which the camp takes place. VbDC and its employees are fully insured as a company and as individual professionals performing their coaching duties at the event, but VbDC insurance policies do not include coverage of the medical needs, emergency or otherwise, of the athletes.

### ***Can I communicate with the athlete?***

Residential students are encouraged to bring a device to maintain contact with their families. These may not be used during the training sessions. Some halls of residence used do not permit under-18s to have internet access through the facilities in their rooms, although the internet is often accessible in coffeeshops on or near the campus. VbDC maintains an on-site mobile telephone and e-mail link which parents may use for urgent messages.

# Terms and Conditions

## **Payments and refunds**

1. Tuition fee payment schedule:

- a) For camps of two days and less duration, full payment must be received at the time of booking.
  - b) For camps of more than two days duration booked at standard tuition charges, 50 percent of the tuition fee is payable at the time of booking. The remainder of the tuition and accommodation, if applicable, must be paid in full no less than 60 days prior to the date of the camp. This amount may be paid in instalments.
  - c) For camps of more than two days duration booked when tuition is purchased under a discount scheme (such as early bird bookings or multiple registrations) the tuition must be paid in full. The remainder of accommodation fees, if applicable, must be paid in full no less than 60 days prior to the date of the camp. This amount may be paid in instalments.
2. Enrolment at a camp is not confirmed until full payment is received.
3. In case of cancellation, a full refund, minus an administration fee of up to £150, can be made if the booking is cancelled more than 120 days before the first day of the camp. Between 120 and 60 days a refund for half the amount will be made, and under 60 days 25 percent of the fee will be returned. Withdrawal from the camp while it is in progress, or non-attendance at a camp session will not constitute a condition for refund.
4. Card users should be aware that a service fee is sometimes added by the card company to credit or debit card transactions made via the VbDC website. Information on other methods of payment, such as electronic bank transfers or checks, can be provided on request.
5. Campers are to arrange for their own medical and travel insurance, to cover personal illness and injury; property theft, loss or damage; and disruption to or failure of travel arrangements.
6. Fees do not cover travel fare or personal spending money.

## **Services and environment**

7. Organizers will endeavour to provide an environment, all appropriate services, individual assistance and advice necessary to make the camp a rewarding and educational experience for the camper. As all camp activities are group events, the organizers will arrange those activities for the group as a whole, with any specific, non-emergency personal assistance or alternative activity having a lower priority. Campers and their families are expected to take part in the camp in this spirit of group participation.
8. Campers are responsible for the care and possession of their personal belongings. VbDC will not be held liable for loss or damage to any personal items brought to the camp. Campers may not wear any jewelry, accessories, clothing or items which organizers consider dangerous in a sports environment,

or inappropriate for volleyball training, during the training sessions.

9. VbDC will undertake to find the most appropriate personnel for training, lectures and support in its sports tuition. Coaching staff will, apart from exceptional circumstances, be affiliated with Volleyball England or the national volleyball association of their home country. In the case of UK resident personnel, VbDC will require DBS (child safety) checks to have been made. Coaches from other countries will be asked to provide similar certification from their home country.

10. When private housing is provided, the host family will be vetted by VbDC, which will be the primary contact with the host family. VbDC encourages, and can arrange for, the host family and parents of the camper to be introduced.

11. During the course of a camp, when campers are under the supervision of VbDC personnel, campers may not leave the course venues without the written permission of the camper's parent or guardian. When training is in session, the camper is required to remain in the immediate vicinity of the activities, and at all times the camper is required to behave in the spirit of the camp as defined in VbDC literature.

12. Campers who cause repeated disruption or impede the course can be dismissed and there will be no refund of fees; return transport charges will be met by the dismissed camper. Organizers reserve the right to dismiss any camper who has persistently caused disruption; who has repeatedly disregarded requests or instructions regarding safety or social behaviour; who has been responsible for consistently unsportsmanlike conduct; or who has in any way caused individuals or the group as a whole to be unable to participate in the organized course material in an appropriate environment. In the case of such a dismissal being necessary, a written explanation of the reasons for dismissal will be provided. The decision of the organizers in such instances is immediate and final. In instances of last resort, VbDC's provision of chaperoning and support, including any involving return travel, will cease at the time of dismissal, and will become the responsibility of the camper's parents or guardian.

13. VbDC reserves the right to make changes when in the best interests of the program and the athletes.

## **Documentation**

14. All required documentation must be completed and submitted before the camper is permitted to take part in any session.

15. Official documents for the confirmed transport arrangements for the camper; or copies of those documents, must be provided to the organisers in advance of travel.

16. Campers must provide a full history of any injuries, disorders or illnesses that may need to be taken into consideration for the proper supervision and training of the camper. VbDC will not be responsible for, or be held liable for, exacerbation of any such conditions about which it has not received full details.

**You can make enquiries or register for camps  
on line at the VbDC website**

**[www.vbdc.co.uk](http://www.vbdc.co.uk)**

## **Volleyball Development Camps**

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**DIG DEEP • SET SOFTLY • HIT HARD**

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