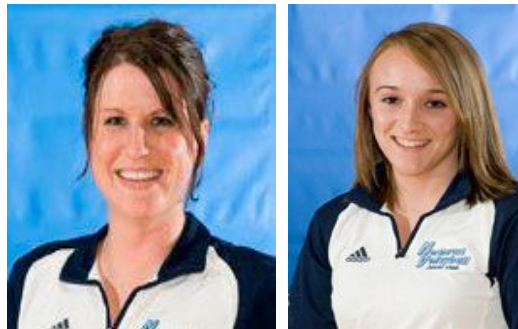




ALL STAR VOLLEYBALL TEAM CAMP

Summer Camp Info:

- June 15 –17, 2009
- 9:00am–4:00pm
- \$150.00 per player
- West Valley High School
- Camp T-Shirt
- Experienced College Coaches and Players
- Quality Instruction with the latest in skills and drills
- Team camp is located at West Valley High School.
- Camp Coaches will include a variety of college coaches, high school coaches, and experienced college players
- Emphasis on the Gold Medal System designed by Jim McLaughlin, University of Washington head Volleyball coach, Carl McGown, Doug Beal, Marv Dunphy, Ron Larson, Chris McGown, Mike Wall, and Tom Melton.



Meet Your Camp Director:

KIM WERKAU, ANDREW McALLISTER & AMANDA CRANK

This is Kim's 4th year at the helm of the Bellevue College Volleyball team. The Bulldogs finished 3rd in the northern region in 2006, and 2nd in 2007 and 2008 with a 5th place overall NWAACC finish in 2008. **Kim was also named NWAACC Northern Region Coach of the Year in 2008.**

Kim's experience also includes: head coach at Kent-Meridian High School (2003); assistant coach at Evergreen High School (2003) and Sumner High School (2002); head coach of several club teams in Sumner and Bellevue (2000-present); head coach of U18 Northwest Juniors (2007-2008); head coach of U17 Northwest Juniors U17 (2005-2006). Kim is also Northwest Volleyball's Adult Program Director and Assistant Club Director.

Kim is a graduate of CWU, where she played middle blocker from 1998-2002.

Andrew McAllister, who is in his 1st year at BCC, brings a wealth of experience with him. Andrew was the regional recruiter and assistant coach at Warner Southern College (Lake Wales, FL), master teacher at NBC Spokane camps, head coach at Lakeland Christian School (Lakeland, FL), head coach of Brandon Sparks Volleyball Club (Brandon, FL), head coach of Lake City Volleyball Club (FL), head coach at Central Valley High School (Shasta, CA), head coach of Club Shasta (Shasta, CA), assistant coach at Mariner High School (Everett, WA), and head coach of Northwest Juniors (Bellevue, WA). Andrew is also a certified trainer.

Amanda Crank enters her 2nd year as a coach for the BCC Volleyball team after two seasons as a player for the Bulldogs. Amanda was a key player in 2006 and the starting libero her sophomore year at BCC, leading the team in digs and garnering several NWAACC player of the week honors as well as 2nd team. As a BCC coach, Amanda focuses on defensive specialists and liberos, although she has a great overall understanding of the game and the Gold Medal philosophy.

All Star Volleyball Academy

All Star Volleyball camp takes pride in providing quality instruction for girls of all levels-from beginner to elite-at a cost that is affordable for campers by bringing the experts to you.

Through repetition drills and coaches' feedback, players learn to assess and correct their own techniques and learn Gold Medal team concepts. Our goal is to challenge each player to reach the next highest playing level and to give players the knowledge and skills necessary to continue improving after camp.

The camp provides training for individual skills, individual serving, passing, setting, hitting, blocking, defense and offense.

ALL STAR VOLLEYBALL ACADEMY

5208 West Lincoln Ave.

Yakima, WA. 98908

509-966-1240 Line 4 or 1-800-762-9452 #25

Email: allstarvolleyball@hotmail.com

For additional information visit:

www.allstarsportsacademy.net