

Pacific Coast Volleyball Camps

since 1997

Our 14th Year!

This is our 14th successful season of offering high level camps at very affordable prices. At \$150 per athlete for our 4 day camp (or 20 hours total court time) I have always wanted to provide a great learning experience at a great price! I am proud to say that there is no other camp experience in the United States that offers this great of a deal!

It's a WIN- WIN situation! Your entire program will learn and achieve goals while saving money. Why would you go away to camp and spend tons of money for just another average experience when you could stay right at home and have a GREAT VOLLEYBALL EXPERIENCE! Our coaches come to your gym in order to challenge your entire volleyball program. I am so confident in our product that I can personally guarantee real, long lasting results within your team that you will be happy with!



COACHING STAFF

Our coaches take pride in everything we teach! We want to promote great sportsmanship, the value of hardwork and the importance of building young athletes for a positive future! Our coaching staff is comprised of many top college & club level coaches who have proven themselves as tremendous volleyball athletes and coaches. We are dedicated to passing on our high level of volleyball knowledge with your athletes! Learn from the best!

Director & Head Coach:

Tony Fathergill-

2008 - Present: Whittell High School, NV

Girls Varsity Head Coach
2009 NV 2A STATE RUNNER-UP
2008 NV 2A STATE CHAMPIONS

1993 - Present

Head camp coach for: Stanford University, Penn State University, Ohio State University, University of Pittsburgh and many others.

1997 - 2002: Head Coach

Susox Boy's Junior Olympic Club Program
San Jose, California

1996 - 1997- Assistant Coach Men's/ Women's

Quincy University- Quincy, IL

1994 - 1996: Director of Volleyball Operation/ Head Coach Boys & Girls Programs

Sports Center of San Jose/ Griffin JO's Program
Co- Host of 1996 Junior Olympic National Championships

1992 - 1995- Head Coach & Instructor

City Beach Volleyball Facility- Santa Clara, California

1992 - 1993- Head Coach Boy's Volleyball

Pioneer High School- San Jose, California
California State Finalist



VOLLEYBALL SKILLS CAMPS & CLINICS

Director: Tony Fathergill

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937-241-3074

www.pacificcoastvolleyballcamps.com

For a list of current coaches please visit our website!

PACIFIC COAST VOLLEYBALL CAMPS

Camp Features

12 - 1 Player to Coach Ratio

For every 12 players there is 1 Head Coach. This ensures that every athlete gets the individual time and attention they need and deserve to get better. Every court will have a Head Coach and a Floater Assistant Coach present.

Quality Court Time

4 or 5 Days of Instruction & Team Bonding, Ten- 3 hour action packed practice sessions and 24 to 30 Total hours of learning ensure enough time to progress all of the individual techniques and team concepts.

Position Sessions

Athletes are separated into their specific positions, including: **Setters, Outside Hitters, Middle Blockers, & Libero (DS)** in order to focus on each position's primary roles, responsibilities and position mentality.

Handbook

All Athletes will receive an official **Pacific Coast Volleyball - Players Handbook**. It's a hard copy of all the skills, techniques, and theories covered in the camp. This is an extremely important tool for digesting the large amounts of information being covered.

4 Types of Camps

1. POSITION/SKILLS CLINIC(1 or 2 Day)

These clinics are designed to provide a strong dose of fundamentals mainly concerned with a specific volleyball position or skill. All drills will be arranged in order to build the mindset and physical responsibilities related to each position or skill.

2. SKILLS CAMP (3 & 4 Day Available)

We will cover all the basic skills of volleyball including: Passing (Platform & Open Hand), Setting, Serving, Blocking and Attacking. Days 1 and 2 of camp are mainly devoted towards the individual skills of volleyball while days 3 and 4 mainly focus on the essential Team aspects and chemistry of a successful program.

3. REGIONAL SKILLS CAMP (3 or 4 Day)

This camp is the same format and style as our skills camp except you can open this enrollment up to your entire region with many high schools & clubs involved.

4. TEAM CAMP (2,3 or 4 Day)

This camp is designed to accommodate many local schools and athletes that would benefit from raising the overall level of Team play within your region. This camp can be used as an overall Team education system. Our program includes instructions, demonstrations and specific team concept drills in the 1st practice session and more scrimmage and wash drills against another team in the 2nd practice.

Find more Camp Details & Costs at:

www.pacificcoastvolleyballcamps.com

Practice Sessions

Every minute on the court is a valuable learning opportunity that thrives on positive progression. We want to work hard while having fun with our friends. PCV coaches teach quality repetitions. Each session includes: warm-up, demonstrations, skill progressions, fun games and scrimmages!

Sample Daily Schedule

	Welcome	
11am	Warm Up	
11:15	Skill Session #1	PASSING
12pm	Skill Session #2	SERVING
1pm	Lunch Break	
1:45pm	Skill Session #3	SERVE RECEIVE
2:30pm	Skill Session #4	SPIKING
3:15pm	Scrimmage	QUADS
3:45pm	Cool Down	
	Prizes & Awards	

For more information and details on how to host a Pacific Coast Volleyball Camp at your school or facility- Please contact:

Tony Fathergill

tonyball50@yahoo.com

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