Junior & Senior High School Volleyball Camp

Camp Director
Coach Dede Bodnar has been in the business of offering high quality coaching and sports camps for the past 30 years. Over those years she has hosted thousands of athletes who have had the opportunity to receive full-ride scholarships. Her mission is to provide athletes with the tools to improve and enjoy sports for life.

Coach Bodnar is coming off her 16th year as Head Coach of the women’s volleyball team at San Diego City College. She has earned such accolades as Pacific Coast Athletic Conference Coach of the Year, Developmental Coach of the Year by the USA Olympic Committee and Outstanding Female Coach of the Year by USA Volleyball.

She has coached over 15 years for several camps and clinics at some of the top volleyball programs in the country. Coach Bodnar was named to seven All-Tournament teams during her collegiate career and was also named an All-American during her senior year.

Camp Information
Improve your volleyball skills! Become a more accurate passer, setter and hitter while having fun playing the game!

This camp, for advanced, intermediate and beginning players, is a high intensity camp for those players who want to get a leg up on their position by working on specialized skills. You will receive very specific skills training that will condition you and prepare you for your upcoming junior and senior high school season.

We base our camp on balance, good volleyball and great fun! We encourage our campers to truly understand game and enjoy sports for life. We want our campers to enjoy this game long after they leave our camp. Get ready to have fun and see yourself improve!

Camp Dates & Prices

Setters Camp
August 8-11, 2011
8 a.m. - 12 p.m. daily
Camp Fee: $125
Ages 18 & Under

All-Skills Camp
August 8-11, 2011
9 a.m. - 12 p.m. daily
Camp Fee: $125
Camp Fee: $99
Ages 18 & Under

How To Register
Contact Dede Bodnar at (619) 388-3544 or dbodnar@sdccd.edu
Also visit www.sdcity.edu/athletics or mail in the form provided in this brochure.

Limited space, so don’t wait!

San Diego City College Soccer Camps

Camp Director
Head Coach Milton Hidalgo first started coaching at San Diego City College in 1983. Under his leadership, the SDCC men’s soccer program has won seven Pacific Coast Athletic Conference championships. In addition to the success at SDCC, Hidalgo has led the San Diego High School boys soccer team to five CIF championships between 1989 and 1995. His San Diego Cavers still hold the record for consecutive league championships with seven and his players still own records for most career assists and career shutouts.

Hidalgo played at San Diego State and later earned his USSF coaching license. He also holds Ajax and Barcelona Advanced coaching diplomas and was recognized by Major League Soccer as one of the most influential coaches in San Diego.

Camp Information
Youth Soccer Camp (Coed Ages 7-13)
This camp is designed to improve all soccer skills, technical and tactical. The main focus is to develop new skills in a fun and caring environment.

Elite Soccer Camp (Coed Ages 14 & Up)
This camp curriculum is designed to cover a variety of coaching methods to prepare campers for high school and college tryouts. Special attention will be devoted to physical fitness for those athletes who are preparing for college tryouts.

The coaching staff is comprised of San Diego City College soccer staff and current and former players.

Our coaching philosophy is to ensure that players learn.

Camp Dates & Prices

Youth & Elite Soccer Camps
June 27-31
Youth & Junior Soccer Camps
July 11-15
Youth & Elite Soccer Camps
July 11-15

Camp Dates & Prices

June 20-24
1/2 Day (8AM-12PM)...
$100

Youth & Elite Soccer Camps
Full Day (8AM-2PM)...
$120

Youth & Elite Soccer Camps
**Refund Policy**
90% refund before June 17
50% refund after June 17

Camp Dates & Prices

Setters Camp
All-Skills Camp
August 8-11, 2011
8 a.m. - 12 p.m. daily
Camp Fee: $125
Ages 18 & Under

All-Skills Camp
August 8-11, 2011
9 a.m. - 12 p.m. daily
Camp Fee: $99
Ages 18 & Under

How To Register
Contact Milton Hidalgo at (619) 388-3140 or mhidalgo@sdccd.edu
Also visit www.sdcity.edu/athletics or mail in the form provided in this brochure.

Limited space, so don’t wait!

SDCC Martial Arts/ Self-Defense Camp

Camp Director
Jim Colbert is a Health & Exercise Science professor at San Diego City College. He is also a veteran football coach (High School, College and Pro) and martial arts instructor (Okinawan Goju-Ryu Karate, Kickboxing and Kickboxing Aerobics).

He was named Faculty of the Year at San Diego City College in 2007 and he will be inducted in the the Adams State College Football Hall of Fame on June 4, 2011.

Camp Information
This camp is designed for students to learn the basics of kickboxing and self-defense. Emphasis is placed on the fundamentals of martial arts, including kickboxing, martial arts and self-defense safety skills.

Student Learning Objectives
1. Learn basic punches, jab, straight punch, hooks, uppercuts, body attacks, applications to strike punch mitts, and basic hand combinations.
2. Increase self-confidence, internal strength, flexibility and stamina needed for everyday challenges.
3. Develop an assertive, alert and confident attitude.
4. Develop and introduce to the formalities of Okinawan Goju-Ryu Karate, Eskrima Stick Fighting, Judo and Jiu Jitsu. Also, learn Gekisai Dai Ichi Kata.
5. Demonstrate common sense measures to reduce the chances of becoming a crime victim.

“My Martial Arts Camp combines the best of several different disciplines. If you attend my camp, I guarantee you will see results”

“If you commit yourself to my workouts, I will commit myself to you. I will challenge your will to test and follow your spirit. Above all else, I want you to have fun and enjoy my Martial Arts Camp.”

Camp Dates & Prices

Session 1 - June 20-24 (Coed Ages 6-10)
Session 2 - June 27-July 1 (Coed Ages 11-15)
Session 3 - July 11-15 (Coed Ages 16-Adults)

Camps are from 8AM-12PM or 9AM-1PM

Price for full week (M-F) is $150
Price for 4 days (M-Th) is $125

*10% Sibling discount & 10% discount for early registration (3 weeks before camp begins)
**Uniform is included with the price, but campers must buy eye guards ($7) and hand wraps ($5). Campers may use their own equipment if it meets safety requirements

How To Register
Contact Jim Colbert at (619) 388-3706 or jcolbert@sdccd.edu
Also visit www.sdcity.edu/athletics or mail in the form provided in this brochure.
Directing the camp is long time Nike Softball Instructor and San Diego City College Head Softball Coach LeeAnn Taylor. Coach Taylor, a two-time PCC Coach of the Year, is entering her eighth season as coach of the Knights and her 15th season at the collegiate level. Taylor led the Knights to consecutive postseason appearances in 2007 & 2008. In 2007, she led them to their best record in school history (31-10-1, 11-4 PCC) and a share of the PCC championship.

Joining Coach Taylor on staff is Cheryl Schaefer, Assistant Head Softball Coach at San Diego City. She is entering her second year at SDCC after serving as Interim Head Softball Coach at Point Loma Nazarene University in San Diego.

### Camp Highlights

- Superior Instruction
- 8:1 Camper to Instructor ratio
- Daily emphasis on fundamental development, team play and more
- Official NIKE Camp T-Shirt
- Great NIKE Prizes!

### Camp Dates and Prices

<table>
<thead>
<tr>
<th>Camp</th>
<th>Dates</th>
<th>Age Range</th>
<th>Schedule</th>
<th>Fee</th>
</tr>
</thead>
<tbody>
<tr>
<td>General Skills Camp</td>
<td>June 27-July 1, 2011</td>
<td>Girls, Ages 8-18</td>
<td>9AM-3PM daily</td>
<td>$285</td>
</tr>
<tr>
<td></td>
<td></td>
<td>Girls, Ages 9-12</td>
<td>9AM-11PM daily</td>
<td>$195</td>
</tr>
<tr>
<td>Hitting Clinic</td>
<td>Aug. 11-13, 2011</td>
<td>Girls, Ages 13-18</td>
<td>9AM-11PM daily</td>
<td>$195</td>
</tr>
</tbody>
</table>

### How To Register

Phone: 1-800-NIKE CAMPS (1-800-645-3226)
Fax: 415-479-6061
Online: USSportsCamps.com
Mail: 750 Lindaro Street, Suite 220, San Rafael, CA 94901

Payment Terms - (Visa and Master Card only) personal check (by mail)
Contact LeeAnn Taylor at (619) 388-3890 or ltaylor@sdccd.edu

MAIL REGISTRATION FORM AND CHECK TO:
SAN DIEGO CITY COLLEGE ATHLETICS
ATTN: ATHLETICS
1313 Park Blvd., San Diego, CA 92101

CAMPER (please print)

FIRST NAME

LAST NAME

ADDRESS

CITY

STATE

ZIP CODE

PHONE

AGE

SCHOOL

GRADE IN FALL

PARENT/GUARDIAN

E-MAIL/PARENT E-MAIL

CHOOSE CAMP(S)

please make check payable to: SDCC Athletics

- Martial Arts/Self-Defense
  - *please select session (1-3)
  - *and full week ($150) or 4 days ($125)

- Youth Soccer Camp
  - *please select dates
  - *and 1/2 day ($100) or full day ($120)

- Elite Soccer Camp
  - *please select dates
  - *and 1/2 day ($100) or full day ($120)

- Girls Volleyball - Setters Camp ($125)
- Girls Volleyball - All Skills Camp ($99)
- Softball (please see contact info to enroll)