

***ELEMENTARY VOLLEYBALL CAMP***



***FUNDRAISER PROPOSAL***

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## ***Elementary Volleyball Camp for La Grande High School Volleyball Team Fundraiser***

### **Objective**

The objective of my proposal is to create an elementary volleyball camp for La Grande and the surrounding areas where kindergarten through sixth graders can come learn about the game of volleyball. This volleyball camp is designed to promote the power of learning about the sport of volleyball while engaging students in physical activity. The La Grande High School Volleyball players will serve as coaches and mentors to area youth while teaching them about life skills along with volleyball. This camp will create bonds with the youth of La Grande along with the sport of volleyball while LHS players are serving as mentors and role models. The volleyball camp will also serve as a fundraiser for the LHS volleyball team.

### **Goals for Volleyball Camp**

The goals for the volleyball camp are a combination of ideas which will not only benefit camp participants but also the high school coaches. The goals for the camp are objective goals which, will be measured at the end of camp to help determine ways to improve the process for the future. According to (Weinberg and Gould, 2007), an objective goal is the desire to attain a specific standard of a task, usually within a specific time. The camp is three days long so participants and coaches will have the opportunity to review their goals at the end of day and at the conclusion of camp to determine whether or not they have accomplished them.

#### **The goals of volleyball camp are:**

Participants will have cheerful facial expressions and always stay positive

Participants will be full of energy and ready to learn

Participants will have an open mind about trying new things

Coaches will be full of energy and ready to teach

Coaches will have cheerful facial expressions and always staying positive

Coaches will break down the skills of volleyball by using cues

Coaches will use brief descriptions of drills and activities

The goals of camp will serve to engage young players in the game of volleyball by providing a positive experience. It is important for participants to understand it is about having a good attitude and trying their very best, not how good they are at volleyball. As researchers point out, goal setting demonstrates a powerful means for effecting behavior

changes and increases motivation. (Weinberg and Gould, 2007) By setting goals for the participants and coaches, it will also help with things like self-confidence, anxiety while giving them the satisfaction of accomplishing a task. Goal setting will also help prepare them for future request from teachers and coaches on setting goals.

### **Materials Needed**

- LHS volleyball players
- LHS coaching staff
- Date: June 7<sup>th</sup> thru 9<sup>th</sup>, 2010
- Secure Gym date and location
- T-shirt design
- T-shirt design quote
- Estimated t-shirt completion date
- Food and Drinks for Participant Snack
- Cash box and change
- Work Schedule for Camp
- Participation Certificates
- Parting gift for all participants
- Volleyballs
- Volleyball Nets
- Advertising in Newspaper and Local Radio stations
- Camp Brochure
- Contact with LGSD Office about brochures

### **Camp Plan of Action**

In order to get the plan in motion, the date of the camp was set according the availability of the La Grande School Districts gyms along with the end of the school year date. As the head coach, I contacted Susie Nice who schedules the LGSD gyms to figure out our options. This process was completed by numerous emails and personal contacts. Since this is a fundraiser for the volleyball program and it is affiliated with the high school, we will not have to pay a rental fee for the gym. This is as huge cost savings to the volleyball program. Without this cost savings, the cost of the camp would be much greater and it would be difficult to make any money from the camp.

After the date and gym were secured, my coaching staff and I created a camp brochure which all participants will need to complete before attending camp. The brochure goes into detail about the camp dates, cost, location, camp goals, contact information and a participant release form. The participant release form was created from a release the school district uses for open gyms and other camps hosted at the school district. The head coach will contact the school district office to get approval to put camp brochures in elementary student's weekly notes to parents. The brochures will be copied at the high school office by the coaching staff at no charge to the volleyball program, which is another huge cost savings.

Once the date is set, the coaching staff will meet with high school players to set up a work schedule for camp, brainstorm on ideas for the t-shirt design, participation certificates, snack preparation and a parting gift. The high school players will check work schedules and family plans to determine whether or not they will be able to work at the camp. Two players will be assigned the task of coming up with the final t-shirt design and inspirational quote, which will be used for the t-shirt. Two players will be assigned to design and work with one of the assistant coaches to come up with the participation certificate along with printing the final project.

One coach and two players will be in charge of picking out snacks, storing them and making sure they are ready for consumption during camp. Four players will be in charge of coming up with a parting gift for each one of the participants. Since this a camp for boys and girls, the gift will need to be appropriate for both genders. All of the assigned players will be made aware of the budget and will work hard to follow the budgetary guidelines. If problems arise in the budget, they will be directed to the head coach for clarification. All high school players and coaches will be charge of helping make sure the gym is ready for volleyball by helping set up nets daily and making sure volleyballs are ready for use.

A group of four players will also be in charge of creating the daily lesson plan for the camp. The guidelines for the lesson development are to focus on the following areas: goal setting, positive attitude and trying new things. The volleyball skills they will be focusing are a fun warm up games, passing, setting, hitting, serving and six on six game-like activities. Players will be provided a large variety of books which have games and drills for all levels of learners. The lessons will be turned into the head coach one week prior to the camp for review and feedback. Players will be in charge of running the lessons at camp and each player working at the camp will take the lead in demonstrating skills and games. This process is a wonderful way to expose the players to one of the many roles of a coach.

In addition to prior involvement, as the head coach, I will secure a cash box, collect camp brochures and collect money from each camper. I will also prepare money from camp participants for deposit, purchase daily snacks and oversee the activities of the camp. I will also be charge of contacting the local newspaper and radio station to have the camp advertised on the local PSA's which are free of charge. I will also make prior contact with a screen printer to determine the cheapest price for a one color t-shirt design. Since La Grande is in a rural area, I have worked on prior projects with screen printers so they tend to keep the cost down for my group. Once the final camp t-shirt numbers are secure, I will also be in charge of placing and overseeing the t-shirt order.

### **Importance of Physical Activity with Youth in Sports**

According to (Hornie and Stotlar, 2007) good lessons for life, pursuit of excellence, fitness, fun and entertainment are huge contributors of youth participating sports. Regardless of the outcome of the particular sport or activity many youth play sports because they are fun or they are able to be with their friends. Although many feel

winning is important, it is not the main focus of why youth play sports. They play to have a sense of belonging and being part of a team or organization. By providing an opportunity for youth to be involved in a sport I love is a huge step in the direction of helping promote fitness and volleyball.

Physical activity not only helps the body physically but also mentally. Exercise and taking their mind off the daily activities of life help youth relax while doing something for themselves. "The most common disorders in the United States are anxiety disorders and depression." (Weinberg & Gould, 2007, pg. 398) These two types of disorders cost the public approximately \$45 billion dollars a year according to reports. Researchers point out that individuals who exercise, participate in physical activity enhances the feelings of well being. Many times the vigor of exercise changes the mood of individuals while increasing positive behaviors along with attitudes while reducing depression. When youth are active they tend to focus on the positive things in their lives. Activities provide a positive outlet for the struggles they face in life.

### **Peer/Coach Mentor**

By providing young students with an opportunity to interact with high school players, it will build a bridge between the two groups. Throughout the camp, players are encouraged to get to know the high school players and are also invited to attend upcoming games. During my personal contacts with some local high school volleyball coaches, they felt the peer/ coach model was an effective way to build friendships while allowing older players to serve as role models.

During the high school season, camp participants will be invited attend high school games. The high school players also want to create a night where participants are special guests to one of our games. This plan will be formalized over the summer and two players will be in charge of overseeing the plan. I think it sounds like lots of fun.

### **Cost and Profit**

Due to financial constraints of families, the cost of the camp needs to be affordable but also allow for the volleyball program to make some profit. The cost will be set at a flat \$45.00 fee which will cover the cost of the t-shirt, parting gift, snack and certificate. The cost for each participant was determined by the coaching staff to make it affordable but also provide the high school volleyball program with an opportunity to make some money for upcoming activities.

The budget is broken down in accordance with the cost of the participants and the profit that will be made by the team.

#### **Participant Cost**

T-shirt cost ~ \$15.00

Parting gift~ \$5.00

Special Certificate and bonded paper~ \$1.50  
Daily Snack (includes drink and snack) ~ \$2.50

Total Cost~ \$22.50 per camper

### *Profit for Team*

\$22.50 remaining for the team

### **Proposal for Funds**

Due to the huge financial impacts which have affected the La Grande school district, I felt as a coach I needed to find some ways to help support my program and players. The profits from the volleyball camp will benefit the players on my high school team in a variety of ways. The profit from volleyball camp will help pay for necessary equipment for the upcoming season. Things which need to be purchased by the volleyball program are score books, game balls, new practice balls and any other necessary operating supplies. Periodically over night stays in hotels, bus rentals and gas for travel must also be purchased by the volleyball program. These funds are also used for tournament fees and expenses occurred by the volleyball program.

### **Conclusion**

In conclusion, creating a volleyball camp in conjunction with my high school volleyball team and the La Grande community is an ideal situation. We are not only promoting the sport of volleyball but we are also providing the youth of the community to benefit from participating in positive physical activity. This project can be something which can easily be duplicated on a yearly basis by the volleyball program. It is an ideal way to promote volleyball while raising money for the high school program which desperately needs it.

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