

Dedication, Determination, Domination Volleyball Skills Camp Proposal

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Athletics as an Outlet for Girls



Healthy Development

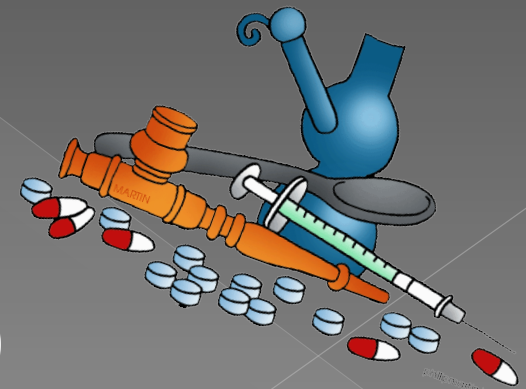
- Girls entering 5th through 8th grades are at the beginning stages of adolescence.
- Extracurricular activities such as the team sport of volleyball are great ways for girls to develop mentally, physically, and socially.
- Participants can learn and develop communication skills, teamwork, responsibility, leadership, dedication, trust, organization, respect and many, many more traits which will be immensely beneficial to the individual long after partaking in the sport.
- “It is believed that extracurricular activities offer a means to express and explore one's identity, generate social and human capital, and offer a challenging setting outside of academics.”

Athletics as an Outlet for Girls

Sex, Alcohol and Drug Use

- With the uses of alcohol, drugs and sex on the rise, research has shown that there is “a link between extracurricular activity participation and lower rates of substance use...female athletes reported fewer sexual experiences, fewer partners, later onset of first intercourse, higher rates of contraceptive use, and lower rates of past pregnancy than female non-athletes.”

(Felman & Matjasko, 2005, p. 184-187)

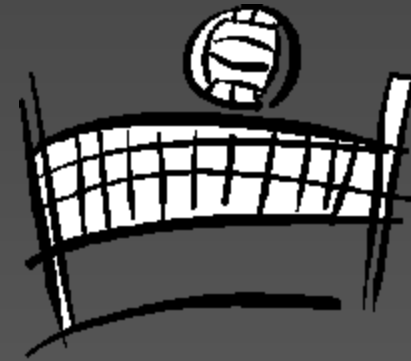




Why Reardan, Washington?

- The town of Reardan, Washington is a small rural community with a population of “597” people where athletics have been the core of the areas spirit, pride and social gatherings dating back to the beginning of the schools development (Reardan, Washington, 2008).
- Three specific sports, Football, Basketball, and Wrestling have been dominant in Reardan athletics, and in part due to their success, the community of Reardan has become known for its strong, competitive athletic teams and individual athletic talents.
 - > Volleyball has never taken center stage.
- This success has encouraged young children at the elementary and middle school levels to begin learning and polishing their skills so that when they reach high school age they are prepared to contribute to the legacy.
- Recent State Playoff experience has potential to become enormous stepping stone.
- Creating a volleyball skills camp is one way in which simple volleyball skills and techniques can begin to be developed in young girls and also show the girls a brief look into the hard work and dedication it takes to become successful at a high level.

Camp Details



- ◉ When: July 12-16
- ◉ Time: 8am to 12pm
- ◉ Where: Reardan High School Gym (New Gym)
- ◉ Who: All Girls entering 5th through 8th grades
- ◉ Cost: \$70
- ◉ Included:
 - > Camp T-Shirt
 - > Collegiate Volleyball Player Instruction
 - > Learning of Basic Volleyball Techniques
 - > Passing, Setting, Hitting, Serving, Blocking, Serve Receive, and Defense
 - > Fun Drills and Games with PRIZES!!!!

Camp Goals and Objectives

- Begin to develop legacy for Reardan High School Volleyball.
- Give adolescent girls an alternative to sex, drugs and alcohol use.
- Show girls the positive aspects to participating in an extracurricular activity.
- Make the camp available not only to girls in Reardan, but those in surrounding areas.
- Have at least 50 campers
- Give girls exposure to basic skills and techniques for volleyball

The ultimate goal of the camp is to introduce volleyball to girls who have never played the sport as well as sharpen the skills of those who have in a fun yet intense and informing environment.

Camp Promotion



- Brochure and consent form sent in mail to every girl's home who will be entering 5th-8th grade at Reardan fall 2010
- Link to brochure made on www.reardan.net
- Brochures put in Elementary and Middle School office at Reardan for students to grab before school lets out for the summer
- Brochures and consent forms sent to local schools within 45 minutes of Reardan to be placed in school offices and given to girls entering 5th-8th grade fall 2010
- Flyers hung and brochures given to be placed in post offices, stores and restaurants in Reardan as well as the local towns within 45 minutes of Reardan

Financial Projections



Expenses:

<u>Item</u>	<u>Cost</u>
Gym	\$0
Locker Room	\$0
Volleyballs	\$0
Nets	\$0
Janitors (Clean-up/Set-up)	\$0
Camp T-shirts	\$8 per shirt
Prizes	\$75
Envelopes	\$3.95
Copies of Brochures	10 cents a black and white copy
Postage	\$35.20 (8 books of 10 at \$4.40 a book)



Financial Projections

Potential Profits:

- The profits for this camp are variable, as they completely depend on how many girls participate in the camp.
- There are “an estimated seventy-eight girls who will be entering 5th through 8th grade at Reardan grade school and junior high fall 2010” (E. Nikkola, personal communication, February 2, 2010).
 - > Mailings will be sent out to each of these girls' homes as one of the main focuses of this camp is to develop the volleyball program within the Reardan School District.
- Other potential campers include:
 - > Those in the surrounding towns within forty-five minutes of Reardan and will have received brochures through their school or seen the brochures posted around their town.
 - > Those who hear about the camp through word of mouth
 - > Those who will be passing through Reardan or one of the other local towns which will have flyers and brochures placed in restaurants, stores, and post offices.
- It is my goal for the first year of the camp to have at least fifty campers. With the correct advertising and promotion the camp has the potential to generate an extreme amount of interest and help jump start a Reardan volleyball legacy.

Conclusion



- ◉ Dedication, Determination, Domination Volleyball Skills Camp has the potential to be an extremely profitable, and successful sports camp.
- ◉ A camp like this can be a great way to take the success this year's high school volleyball team experienced by going to state and use it to encourage girls at a younger age to aim for that same success when they reach the high school level.
- ◉ It can also give adolescents a positive and healthy hobby from which they can learn many skills and lessons that they can take with them in to their adulthood, instead of turning to drugs, sex and alcohol during this extremely pivotal stage in a young girls life.

References

- Felman, A.F. & Matjasko, J.L. (2005). The role of school-based extracurricular activities in adolescent development: a comprehensive review and future directions. *Review of Educational Research*, 75, 159-210.
- (2008). Reardan, Washington. Retrieved from <http://www.city-data.com/city/Reardan-Washington.html>