



Rick Dunetz

*Head Coach Annandale
High School*

High School Coaching Experience

- 2004 Patriot District Championship vs. Robinson High School (1st time in school history)
- 2004 Regional Semi-Finalist (1st time in school history)
- 2005 Patriot District Finalist
- 2005 Regional Quarter-Finalist
- 2006 Virginia Showcase Pre-Season Finalist
- 2006 Patriot District Finalist
- 2006 Regional Quarter-Finalist
- Coached teams that defeated Chantilly, Oakton, Centreville, and Robinson for the 1st time in school history.
- 2007 Freshmen Head Coach and Varsity Assistant for Annandale High School

Metro American Volleyball Club

- 2003 Head Coach: 14s Regional Championship
- 2004 Head Coach: 15s Regional Championship Semi-Finalist
- 2005 Club Southern Region Director for 7 teams
- 2006 Club Southern Region Director for 7 teams
- 2007 Club Southern Region Director for 9 teams
- 2008 Club Southern Region Director for 10 Teams

Other

- 16 Players achieved All District Honors
- 3 Players achieved All Region Honors
- 6 Players All Tournament Team (District, Regional, VA Showcase)
- 3 Players achieved Women in Sports Awards
- 4 teams achieved a minimum of a 3.3 GPA
- 1 team won the AVCA Game Plan Academic Achievement Award

Coaching Certifications

- USA Volleyball CAP I Certified
- IMPACT
- Gold Medal Squared Certified
- Sports Performance
- 20 years playing experience

ATOM's Volleyball Camp
 P.O. Box 1801
 Annandale, VA 22003
 Phone: 703.861.1771

ATOMS Volleyball Camp



Hosted by the
**Annandale High School
 Volleyball Program**
 and
Coach Rick Dunetz

June 23rd-27th, 2008
 Holmes Middle School, Main Gym
 5-7pm

For Girls and Boys ages 10-14

Contact Information

Phone Number: 703.861.1771
 E-mail: rdunetz@mavbc.org

Camp Schedule



Monday 6/23

Forearm Passing/ Serving

4:30pm Registration
 4:45pm Intro/Warm-up
 5:00pm Forearm Passing Intro
 5:10pm Footwork
 5:30pm Partner work
 6:00pm Passing Contest
 6:20pm Serving Intro
 6:30pm Serving Drills
 7:00pm Dismissal

Tuesday 6/24

Setting / Overhead Passing / Serving

4:45pm Warm-up
 5:00pm Introduction
 5:10pm Wall work
 5:30pm Individual work
 5:50pm Partner work
 6:10pm Tossing series
 6:30pm Passing Contest
 6:45pm Serving
 7:00pm Dismissal

Wednesday 6/25

Hitting
 4:45pm Warm-up
 5:00pm Introduction
 5:10pm Footwork
 5:30pm Arm Swing
 5:50pm Tossing Series
 6:30pm Hitting Contest
 6:45pm Play
 7:00pm Dismissal

Thursday 6/26

Individual Defense
 4:45pm Intro/Warm-up
 5:00pm Introduction
 5:10pm Dive Roll & Sprawl Training
 5:30pm Digging Drills
 6:00pm Blocking Footwork and Form
 6:20pm Digging Contest
 6:30pm Play
 7:00pm Dismissal

Friday 6/27

Offensive Concepts/ Mini-Tournament
 4:45pm Intro/Warm-up
 5:00pm Offensive Concepts
 6:00pm Tournament Play
 7:00pm Dismissal

Each session will involve different activities including individual technique, drill and skill development, competitive games WITH PRIZES.

Camper's will be grouped by ability and will receive small group instruction covering all aspects of the game.

A round robin tournament will be held during the final session - parents are welcome to attend

These materials are neither sponsored nor endorsed by the Fairfax County School Board, the Superintendent, or this school.

Facilities & Staff

The Atom's Volleyball Camp will take place in the main gym at Holmes Middle School.

Camp Staff

Jason Ruppert: 3 year Coach for Metro American Volleyball Club & Assistant Varsity Coach Annandale HS

Megan Beavers: Former Division II Setter & JV Coach Annandale HS

Karima Wesselhoff: Former Division II Player & Middle School Volleyball Coach

Bob Montgomery: Coach Metro American Volleyball Club & longtime coach for BRYC

Each coach will have one Annandale HS player as an assistant coach.



Payment

The camp fee is **\$100 per player** non-refundable. Each camper will get a t-shirt and a folder with volleyball related materials.

Applications must be received not later than one week before the camp. *There will be a \$10 late fee for applications received after June 16th.*

Call 703.861.1771 to verify that there are open spaces after June 16th.

Payments accepted in the form of personal check, money order or cash. Please make checks and money orders payable to "Annandale High School Boosters"

Hurry! Camp Spots are limited!!!

What to Bring

- Water Bottle
- Socks
- Athletic Shoes and clothing
- Knee pads
- Towel

Kneepads are an important part of player safety. You can purchase kneepads from most local sports chains like Dick's Sporting Goods or The Sports Authority. For your child's safety, please purchase a pair.

Carpools

If you need a ride to the camp, please contact Amy Stutt at ALSTUTT@COX.NET or 571-426-6400. Amy will be putting carpools together.

Application

To secure a spot in camp, please return this application along with your non-refundable deposit.

Name: _____

Address: _____

City: _____ State: _____

Zip Code: _____ Phone: _____

Email: _____

Date of Birth: _____ Grade in Sept. '08: _____

School: _____

Emergency Contact: _____

Emergency Phone: _____

T-Shirt Size (circle one): Small / Medium / Large / XL

ATOM's Volleyball Camp
 ATTN: Annandale High School Boosters
 P.O. Box 1801
 Annandale, VA 22003

Make checks payable to: Annandale High School Boosters

Parent / Guardian: Please Read and Sign

The undersigned, being a parent or legal guardian of the child requesting camp admittance, does hereby affirm that the applicant is physically able to perform activities conducted at the Atom's Volleyball Camp and I hereby authorize any medical evaluation or treatment which may be advised or recommended by the attending physician of my child while at the Atom's Volleyball Camp. In consideration of my application being accepted, intending to be legally bound, do hereby for myself, my heirs, executors and administrators, waive and release and forever discharge any and all claims for damages, which I may have or may hereafter occur to me against American University, the volleyball program or their respective officers, agents, representatives, successors and/or assigns for any or all damages which may be sustained or suffered in connection with my association with, or participation in, Atom's volleyball Camp at Holmes Middle School. I, the parent or guardian, do hereby agree to the above waiver and release.

 Parent / Guardian Signature