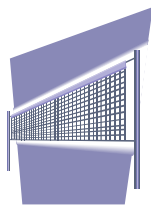


HEAD COACH
MARK SCHWARZ

- Boys and Girls Head Volleyball Coach, Jefferson Township H.S.
- NJ Herald's Girl's Volleyball Coach of the Year, 2007
- 11 Years Playing Experience
- 7 Years Coaching Experience
- Ramapo College Men's Volleyball Team Captain
- Ramapo College's Scholar Athlete of the Year, 2002
- Ranked 8th overall by the Great American Volleyball Tour, 2002

ADDITIONAL STAFF*

Assistant Coaches
Graduated Players
Guest Speakers



*depending on enrollment

SAMPLE DAILY SCHEDULE

- 8:45am Arrival
9:00am Dynamic Warm-up / Stretching
9:15am Technical Instruction / Biomechanics
9:30am Skill Application
10:00am Drill Stations / Mini-games
11:00am Lunch
11:30am Game Strategy Instruction
11:45am 6 on 6 games
12:45pm Stretching / Closure
1:00pm End



ADDITIONAL INFORMATION

Cost- \$95 per player; includes instruction, t-shirt, and insurance, checks payable to:
Jefferson Volleyball Training Services
315 Cheyenne Road
Lafayette, NJ 07848

What to bring- Athletic shoes and shorts, t-shirt, towel, knee-pads (optional)

Lunch- Concessions will be available for purchase.

Questions, concerns or information regarding individual instruction, call or email Coach Schwarz

To see ALL HS Camps offered

Log on to: www.jefftwp.org

Go to the athletic link

JEFFERSON
VOLLEYBALL



SUMMER CAMP

Beginner, Intermediate and Advanced Instruction for Middle and High School Age Students

Girls: June 28 - July 1, 2010

Boys: July 6 - 9, 2010

Location: The Freedom Gymnasium at Jefferson Township High School

Head Coach Mark Schwarz
(973) 271-1549
schwarz.mark@gmail.com