



VOLLEYBALL MINI-CAMP

SMALL-GROUP OUTDOOR TRAINING SESSIONS

ONE-HOUR TIME SLOTS

FUNDAMENTAL AND POSITION BASED INSTRUCTION FOR ALL AGES

OUTDOOR LOCATIONS IN/AROUND KEARNEY

TRAVEL TO OTHER CITIES FOR MULTIPLE GROUPS ON SAME DAY

CHOOSE YOUR GROUP SIZE AND INSTRUCTION EMPHASIS (Groups of 2, 3, or 4)

SESSIONS WILL MEET ALL STATE & LOCAL HEALTH/SAFETY GUIDELINES

PARTICIPATE IN ONE OR MANY (SLOTS LIMITED)



Mini Camp Fee Schedule

(fees paid individually prior to each 1-hour session)

2 CAMPERS - \$65/Each

3 CAMPERS - \$55/Each

4 CAMPERS - \$45/Each



Rick Squiers Mini Camp is designed to provide efficient high-repetition volleyball instruction using the latest techniques in the game. Coach Squiers will set up every workout to include important volleyball fundamentals AND training drills specific to THAT group. It is recommended that campers and their parents secure time slots AS A GROUP of 2, 3, or 4. Coach Squiers will communicate directly with each group about areas of desired improvement, experience level, and other details. While all ages are eligible, it is best if group members are of similar ability level and/or position. To schedule a time slot or ask questions, please contact Coach Squiers at squiersr@unk.edu or rksquiers@frontiernet.net.

Mini Camp Director: RICK SQUIERS has been a head volleyball coach for 30 years including 28 seasons at the collegiate level. To date, he has guided his current NCAA program to a 675-89 record, 21 NCAA Tournament births, 16 conference championships, four Elite Eight appearances, and two National Runner Up finishes. A 15-time Coach of the Year, Squiers has coached 38 All-American selections including AVCA National Players of the Year Erin Gudmundson (2005) and Annie Wolfe (2016). Prior to his NCAA tenure, Squiers served as head coach for NAIA power Hastings College where he led the Broncos to a 206-59 record and three conference titles in six seasons. Including stints at the junior college and high school levels, Squiers has amassed an overall win loss record of 982-182 ranking him in the top ten nationally for



both winning percentage (5th), and career victories (9th).