In collaboration with Northwest University, the Richland Bombers will host their 2016 High School Summer Camp July 18 to 21 at Richland High School. The Camp will be directed by NU Head Coach Steve Bain, who has over a decade of experience in camp leadership and instruction. Camp coaches will include NU Assistant, Kacie Simpson, and current NU players Hannah Hanson, Dakota Adams, Mattie Jo Johnson, and Lara Linden. The teaching methods used by Coach Bain and his staff are based on the same principles used by the USA National Teams and reflect the proven methods of hundreds of successful high school and collegiate programs. Fundamentals and technical skills are taught in a positive-learning environment that fosters growth in self-esteem and genuine appreciation for the game. Providing individualized feedback for each player is a priority as is the encouragement of athletic achievement in a competitive team setting that is fun and challenging.

**Camp Details**

- **Cost** ~ $195 (includes Camp T-Shirt, Player Notebook & Task Lists)
- **Date and Time** ~ July 18 to 21, 9 am to 5 pm
- **Location** ~ Richland High School
- **What to bring** ~ playing gear, a good pair of volleyball shoes and extra socks, sack lunch/snacks, water bottle, and a Growth Mindset!

**Coach Bain Bio**

Coach Bain came to Northwest in 2012 following a successful career at King’s High School in Seattle. At King’s, Bain compiled a 177 – 24 record while guiding the program to nine consecutive appearances in the WIAA State Tournament and winning State Championships in 2008 and 2009. Under Bain’s leadership, King’s also won nine straight Conference Championships and six Regional titles. Bain also garnered Conference Coach of the Year honors four times, the WIAA AP Coach of the year in 2008 and 2009, and the Seattle Times “Star Times” Coach of the Year in 2009. At Northwest University, the Eagles have steadily improved under Bain’s leadership culminating with a record of 20-10 in 2015, the most successful season in NU Volleyball in over a decade.
Camp Schedule

Day 1 – Monday
9 – 11:30 am  Training Session 1
11:30 – 12:30 pm  Lunch
12:30 – 1 pm  Positional Tutoring 1
1 – 3:30 pm  Training Session 2
3:30 – 4 pm  Break
4 – 5 pm  Competition 1

Day 2 – Tuesday
8:30 – 9 am  Setter tutoring I
9 – 11:30 am  Training Session 3
11:30 – 12:30 pm  Lunch
12:30 – 1 pm  Positional Tutoring 2
1 – 3:30 pm  Training Session 4
3:30 – 4 pm  Break
4 – 5 pm  Competition 2

Day 3 – Wednesday
8:30 – 9 am  Setter tutoring II
9 – 11:30 am  Training Session 5
11:30 – 12:30 pm  Lunch
12:30 – 1:30 pm  Positional Tutoring
1:30 – 3:30 pm  Training Session 6
3:30 – 4 pm  Break
4 – 5 pm  Competition 3

Day 4 – Thursday
8:30 – 9 am  Setter tutoring III
9 – 11:30 am  Training Session 7
11:30 – 12:30 pm  Lunch
12:30 – 1:30 pm  Positional Tutoring 3
1:30 – 3:30 pm  Training Session 8
3:30 – 4 pm  Break
4 – 5 pm  Competition 4