

## Sheldon Carvalho Camp Director and Head Coach

Sheldon Carvalho enters his second season for the Western Texas College volleyball program. In 2010, Coach Carvalho guided his team to a Historic 20-16 overall record with the first winning season in school history.

Carvalho, a native of Hawaii, was born and raised on the island of Kauai. Coach Carvalho holds a BA degree from Brigham Young University (Provo) in secondary mathematics education, and a minor in Japanese. Carvalho also earned a master's degree in counseling psychology (MSCP) school emphasis from Chaminade University in Honolulu, Hawaii.



Coach Carvalho's coaching experience consists of two years at the American Leadership Academy (ALA) in which prior to his arrival at ALA, the volleyball program set at 0-20 in regional play during the first two years of the program. After sporting a 2-6 record in his first year, Carvalho's squad went 5-3 in regional play. During this time, Carvalho also piloted the Utah Viper club volleyball team (17 and under) out of Provo, moving to the 18's power team the following year.

Before taking his coaching skills to Utah, Coach Carvalho served as the head volleyball coach at Kahuku High School on the north shore of Oahu in Hawaii, where he led his team to the Inaugural OIA Blue Division Championship.

Coach Carvalho served 5 years as a student assistant Coach at BYU-Hawaii under the tutelage of Wilford Navalta (who has claimed 10 National Championships including 8 in the NAIA and 2 at the NCAA Division II Level) and long time assistant coaches Mike Apo and Jay Akoi.

In addition to Coach Carvalho's volleyball coaching experience, he lettered in volleyball, basketball, and track in high school, and was selected to the Kauai Interscholastic Federation (KIF) all-star team in volleyball as an outside hitter. He also played a significant role on the high school basketball team that won back to back KIF championships.

His camp experiences consist of assisting Coach Sam Atoa, Utah Valley University Head Coach, with the Kahuku High School camp. In addition to that, Coach Carvalho created his own skills camp at his former High School, ALA, called the MALAMA camp in which players from the 4th to 8th grade worked on beginner, intermediate and advanced volleyball skill training. Last summer, Coach Carvalho held the WTC Volleyball summer camp working on Fundamental and tactical skills for players from 6th to 12th grade.

## WTC VOLLEYBALL Summer Camp



*I hated every minute of training but I said, "Don't Quit! Suffer now and live the rest of your life as a Champion!"* Muhammad Ali

**W - Working  
T - Towards  
C - Championships**



**June 22-25th  
WTC Gym  
Snyder, Texas**

Send your Deposit and  
Application to:

Coach Sheldon Carvalho  
WTC Volleyball  
6200 College Avenue  
Snyder, TX 79549  
325-574-7694  
scarvalho@wtc.edu

### WTC Summer Volleyball Camp

Participant Fee

**\$75**

Payments are **DUE BY JUNE 8th**.

**One Skills Camp session is included.**

**Those who want to add a session will**

**pay an additional**

**fee of \$15 per session.**

Payments after the **JUNE 8th**

**deadline will pay a late fee of \$10**

Please submit payment with the completed application as soon as possible to WTC (Look for the address in the front of the pamphlet).

There will be **no refunds** unless a player has a medical condition that prevents her from participating. A doctor's note or signature of the medical situation must be submitted for refund.

# WTC VOLLEYBALL Summer Camp

One session of the Position skills camp is included in the \$75 participation fee. Each additional session is \$15. Please indicate on the Application the sessions that you plan on attending.

## June 22nd (Skills camp are for all age groups)

Setters: 1:30 p.m. – 3:00 p.m.  
 Liberos: 3:00 p.m. – 4:30 p.m.  
 Middles: 4:30 p.m. – 6:00 p.m.  
 OH/RS: 6:30 p.m. – 8:00 p.m.

<b>5th &amp; 6th Graders</b>
<u>June 23</u> 1:00 p.m. – 3:30 p.m.
<u>June 24-25</u> 9:00 a.m. – 12:15 p.m.
<b>7th &amp; 8th Graders</b>
<u>June 23</u> 4:00 p.m. – 6:30 p.m.
<u>June 24-25</u> 1:00 p.m. – 4:15 p.m.
<b>9th - 12th Graders</b>
<u>June 23</u> 7:00 p.m. – 9:30 p.m.
<u>June 24-25</u> 5:00 a.m. – 8:15 p.m.

### Location:

Western Texas College GYM  
 6200 College Avenue  
 Snyder, Texas 79549

## Camp Skills

Each participant who attends the Camp will learn fundamentals of Serving, Passing, Defense, Blocking, Setting, and Game Situations. Each session will consist of skill training with court play.

Parents are welcomed to watch!

PLEASE BE SURE THAT PLAYERS ARE AT THE GYM READY TO PLAY 15 MINUTES PRIOR TO THEIR SESSION.

Everyone attending the volleyball camp will learn how to play every position so that they develop into a well rounded player. By having the athlete learn every position on the court, this will increase their understanding of the game and increase court awareness.

The sequencing of the sessions is designed to prepare players for the technical and mental rigors of the game. Each session will have controlled court play to test skills learned. This will help players to connect fundamental skills with game-like situations.

Session content may be changed based on group skill level!

### Break Down of Sessions:

#### JUNE 23rd

15 minutes	Warm-ups Volleyball Style
1 hour	Serving/Passing/Setting Drills
5 minutes	H2O(Water break)/Assessment
1 hour	Controlled Play
10 minutes	Assessment/Finish

#### JUNE 24th

15 minutes	Warm-ups Volleyball Style
1 hour	Blocking/Defense/Hitting Drills
5 minutes	H2O(Water break)
45 minutes	Tactical Play
1 hour	Controlled Play
10 minutes	Assessment/Finish

#### JUNE 25th

15 minutes	Warm-ups Volleyball Style
45 minutes	Multi-Skill Drills Review
5 minutes	H2O(Water break)
30 minutes	Tactical Play
1.5 hour	Controlled Play/Scrimmage
10 minutes	Assessment/Discussion

## 2010 WTC Volleyball Summer Camp Application Form

(Please Print)

Name: \_\_\_\_\_

Age: \_\_\_\_\_ Grade: 5 6 7 8 9 10 11 12

Circle One:    Setter    Libero    Middle    OH/RS

Address: \_\_\_\_\_

City: \_\_\_\_\_ State: \_\_\_\_\_ Zip: \_\_\_\_\_

Parent/Guardian: \_\_\_\_\_

Contact Number: \_\_\_\_\_

Adult T-Shirt:     S     M     L     XL     XXL

Parents/Siblings may purchase a camp T-shirt for an additional cost of \$10. Please indicate the TOTAL amount of T-shirts above (Include your child's size who is attending the camp).

Checks must accompany application. Make checks payable to WTC Summer Volleyball Camp

**Disclaimer:** Being a parent or legal guardian of the child requesting camp admittance, I hereby affirm that the applicant is in good health and suffers from no illness, disability or condition that requires the taking of medication on a regular basis unless that condition is disclosed and approved. Furthermore, I have no knowledge of any reason the applicant cannot participate in vigorous physical activity. I expressly agree to be responsible for any medical bill incurred in the treatment of any illness or accident. In the event of any such accident or injury, I hereby consent to allow any of the camp supervisors to procure any medical treatment deemed advisable on behalf of my child or ward without first contacting me. No medical insurance is provided by Western Texas College. I understand that, as a condition of admittance as a camper, I, on behalf of any and all parents and guardians, and on behalf of the applicant, hereby release Western Texas College, Sheldon Carvalho or any other employee or agent of the camp from any and all liability for injury or illness, mental or physical, suffered by the camper during or related to camp, unless caused by will full act or gross negligence by the person or entity against whom the claim is made.

Parent/Guardian Signature: \_\_\_\_\_

\_\_\_\_\_ Date: \_\_\_\_\_