

# 2016 EWC LANCERS

PLAYER	YEAR	HOMETOWN
Sophia Arensdorf	So.	Ogallala, NE
Carmen Carvajal	So.	Lugo, Spain
Lauren Hastings	So.	Cheyenne, WY
Helena Khouri	Fr.	Rio de Janeiro, Brazil
Lissette Lefforge	Fr.	Akron, CO
Leah Newman	So.	Gering, NE
Brooklyn Perez	So.	Gering, NE
Madison Powell	So.	Yuma, CO
Alex Simmerman	Fr.	Ogallala, NE
Katie Strohschein	Fr.	Wright, WY
Kylee Tresch	Fr.	Wright, WY
Shelby Welsh	So.	Ogallala, NE
Precious Williams	So.	Alliance, NE

**Head Coach:** Julie Sherbeyn

**Asst. Coach:** Chelsi Jackson

**Asst. Coach:** Jesselyn Burroughs



# 2016 EWC LANCER Volleyball Schedule

DATE	OPPONENT	PLACE	TIME
9/3	Sheridan College	Away	TBA
9/6	Trinidad at LCCC	Away	4:00 pm
9/7	WNCC	Away	7:00 pm
9/16	WyoBraska	Home	TBA
9/17	WyoBraska	Home	TBA
9/20	Casper	Away	7:00 pm
9/21	NJC	Home	7:00 pm
9/23	WNCC	Home	7:00 pm
9/27	LCCC	Home	7:00 pm
9/30	Central	Home	7:00 pm
10/1	Western	Home	3:00 pm
10/5	North Platte	Away	7:00 pm (CST)
10/7	Northwest	Home	7:00 pm
10/8	Sheridan	Home	3:00 pm
10/11	Colorado Christian JV	Home	7:00 pm
10/14	Western	Away	7:00 pm
10/15	Central	Away	3:00 pm
10/19	Casper	Home	7:00 pm
10/22	LCCC	Away	5:00 pm
10/28	Sheridan	Away	7:00 pm
10/29	Northwest	Away	3:00 pm
11/2 - 11/5	REGION IX TOURNEY at LCCC		
11/17 - 11/19	NJCAA NATIONAL TOURNEY		



# Eastern Wyoming College



# 2016 Lancer Volleyball Camp

Open to all interested girls AND boys!

**Beginner Camp**  
June 21 -23

**Advanced Camp**  
June 21 -23

**Setter/Libero Camp**  
June 24-26

# CAMP HIGHLIGHTS

The EWC Lancer Volleyball Camp is designed to focus on player experience rather than a grade or age based approach. The **Beginner Camp** offers basic skill development including: serving, passing, setting, hitting, blocking, digging, serve receive, and game strategies. This camp is designed as an introduction to volleyball and is recommended for grades 5-8 and players with limited or no middle school experience. The **Advanced Camp** is designed for players with a higher level of experience (regardless of age or grade) including multiple years of club, from advanced middle school programs, and/or with high school experience. Focus will be directed towards refining individual skills, running quick offenses and multiple defenses, and ultimately preparing players to be competitive in their high school and college programs. The **Setter/Libero Camp** offers specialized position training and is designed for players from grades 6-12. It offers intense technical and tactical training and high repetition setting, defensive and serve receive drills.



The camps are facilitated by **Coach Julie Sherbeyn** and are assisted by the **2016 EWC Volleyball Team**. Coach Sherbeyn moves into her third season at the helm of the Eastern Wyoming College Volleyball Program, and is looking to continue to improve on their 2015 record and advance the program. Her coaching career has spanned three states, almost 30 years, and hundreds of volleyball athletes of all ages and skill levels. Before coming to EWC, she helped turn around a failing program at Illinois Valley Community College and coached for and directed IVVP, a successful non-profit volleyball club. Her collegiate and club athletes have competed at all levels of the NCAA and NAIA, and some have continued to impact their sport and its athletes as coaches across the country. Coach Sherbeyn's goal is to provide a positive instructional environment and skill development to enable players to experience personal success and enhance their future volleyball opportunities.

# CAMP SCHEDULE

*\*Please select a camp based on the player's experience as described in the Camp Highlights.*

## Beginner Camp

Tuesday, June 21: 9:00am – 12:00pm  
 Wednesday, June 22: 9:00am – 12:00pm  
 Thursday, June 23: 9:00am – 10:30am\*  
 (\*note time change)

Cost: \$65 (includes camp t-shirt)  
 Location: EWC Gymnasium

## Advanced Camp

Tuesday, June 21: 1:00pm – 4:00pm  
 Wednesday, June 22: 1:00am – 4:00pm  
 Thursday, June 23: 10:30am – 12:00pm\*  
 (\*note time change)

Cost: \$65 (includes camp t-shirt)  
 Location: EWC Gymnasium

## Setter/Libero Camp (Grades 6-12)

Thursday, June 23: 1:00pm – 3:30pm  
 Friday, June 24: 9:00am – 11:30pm

Cost: \$65 (includes camp t-shirt)  
 Location: EWC Gymnasium



For more information please contact  
**Julie Sherbeyn**  
 1.307.575.5083 or 1.866.327.8996  
 julie.sherbeyn@ewc.wy.edu

# REGISTRATION FORM

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

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

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

Phone: \_\_\_\_\_

Parents: \_\_\_\_\_

School: \_\_\_\_\_

Beginner: \_\_\_\_\_

Advanced: \_\_\_\_\_

Setter/Libero: \_\_\_\_\_

*\*Please select camp based on play experience.  
 Call Julie if you have questions.*

Shirt Size (circle one):

YS YM YL S M L XL XXL

## Camp Release Agreement

On behalf of myself or my child/ward, I do hereby agree that I SHALL NOT hold Eastern Wyoming College personnel or staff liable for injury or death as a result of my or my child's/ward's participation in this EWC Community Education or Workforce Development program, class, or event.

I knowingly give consent for the release of any photographic images that may be made during my/ my child's/ward's participation for use by EWC for its publications, website, advertisement, press releases, and/or any other college sanctioned materials.

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

Please complete and return form with payment to:



Julie Sherbeyn  
 EWC Lancer Volleyball  
 3200 West C Street  
 Torrington, WY 82240