

# Willowick Recreation 2024 Volleyball Camp



**Mon. June 10– Thurs. June 13 5:00-6:30 P.M.**  
**Grades 5<sup>th</sup>, 6<sup>th</sup>, 7<sup>th</sup> & 8<sup>th</sup>**

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

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

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

**Phone:** \_\_\_\_\_ **Email:** \_\_\_\_\_

**Grade (in Aug.)** \_\_\_\_\_ **Age:** \_\_\_\_\_ **School:** \_\_\_\_\_

**T-shirt Size:** Youth Lg    Adult Small    Adult Med.    Adult Large    Ad XL

**Emergency Contact:** \_\_\_\_\_ **Phone:** \_\_\_\_\_

I HEREBY AUTHORIZE THE DIRECTOR OF THE WILLOWICK SPORT CAMP TO ACT FOR ME ACCORDING TO THEIR BEST JUDGMENT, IN ANY EMERGENCY REQUIRING MEDICAL ATTENTION AND I HEREBY WAIVE AND RELEASE THE CAMP INSTRUCTORS, THE CITY OF WILLOWICK AND DIANE RASTOKA-NOVAK OF ALL LIABILITY FOR ANY ILLNESS OR INJURIES INCURRED WHILE AT OR IN TRANSIT TO AND FROM CAMP. **NO REFUNDS**

\_\_\_\_\_  
Parent or Guardian waver signature

**Camp FEE: \$90 (includes T-shirt)**

**\*\*\*DEADLINE IS MON. June 3**

**\*\*\*\*\*Cash or Checks out to Diane Novak\*\*\*\*\***

Mail to: Willowick Activity Center  
30100 Arnold Dr  
Willowick, Ohio 44095

## **DIANE RASTOKA-NOVAK – CAMP DIRECTOR**

Diane's resume includes 22 years of coaching starting at Lake Catholic in 1985 as a J.V. coach. She left in 1987-90 to be the Assistant Varsity Coach at Eastlake North High School. In 1990, she started with Mentor's program as the J.V. coach until 1997, with a career record of 85-16. In 1998, she became a varsity assistant under Coach Rich Woodman and was part of Mentors first state appearance in 1998. In 2000, Diane became Assistant Varsity Coach at Lake Catholic High School. In the 2001 season, she helped lead the team to their first State appearance as well as their 2<sup>nd</sup> Regional final. In 2002 season, the Cougars did a repeat and returned to the State final four.

In 2010, Diane resumed coaching again at the freshmen level. She led the Kirtland girls freshmen V-ball team to a 15-1 season. In 2011, she coached Kirtland's JV team. They finished the season 14-2.

She is a former volleyball scholarship player for Lakeland and Kent State University. Diane helped out with the Junior Olympic program for the Aurora Club team. She coached the winter and Spring Fundamental Volleyball Camps at Eastside. She has led team camps at St. Gabriel in Mentor and St. Anselm. Diane teaches Private lessons and are available on request.

**JESSICA SABATH** is the daughter of Diane. as a freshman, she made the Varsity team. She was chosen as the MVP of Lake Catholic her senior year 2003. First team All Ohio, Div.II player of the year, Lake Erie League player of the year, News-Herald & Plain Dealer player of the year, and Plain Dealer player of the week.

Jessica received a four year volleyball scholarship to play at Div. I Eastern Kentucky University. In her first year, she led the team with 577 digs, second in kills and received Defensive player of the week twice. The team went 21-13. Jessica made all tournament team at the Miami of Ohio tournament. Jessica was chosen Defensive player of the year by her team.

In the 2004 season, Jessica's team won the Ohio Valley Conference and won the OVC Tournament which gave them a birth into the NCAA Tournament. Jessica received an 18kt gold and ruby ring for their 27-5(15-1 OVC) record. She was second on her team with 428 digs.

In 2005, Jessica's team won the Ohio Valley Conference again with a 23-7 overall record and 14-2 in the conference. She was second on the team with 402 digs and third highest with offensive hits. They took 2<sup>nd</sup> in the OVC Tournament. She received a diamond OVC ring.

In 2006, Jessica finished her senior year with 1354 total kills and 2<sup>nd</sup> in digs at 495. Jessica became the program's All-time Dig Leader with 1827. She was chosen first team for the Ohio Valley Region and MVP of her team.

In 2010, Jessica coached High Point University a Div 1 volleyball program in North Carolina. In her 2<sup>nd</sup> year there, they won their conference and played in the NCAA tourney.

### **CAMP FORMAT:**

Our camp is designed to teach young players the basics of the game or improve a current Player's skills. Fundamentals will be stressed, including skills such as passing, serving, setting, and hitting. Each day campers will participate in various drills, stations and game play.