

# Riverland

COMMUNITY COLLEGE  
A Technical & Community College

Riverland is a two-year community and technical college with a small school atmosphere which extends to its communities a variety of high quality learning experiences and athletic opportunities. We invite you to be a part of the educational and athletic journey. Riverland Athletics are members of the Minnesota College Athletic Conference (MCAC), Region XIII member (MN, ND, MN), and National Junior College Athletic Association (NJCAA).



800.247.5039 | [www.riverland.edu](http://www.riverland.edu)

**ALBERT LEA CAMPUS**  
2200 Riverland Drive  
Albert Lea, MN 56007  
507.379.3300

**AUSTIN CAMPUS**  
1900 8th Avenue NW  
Austin, MN 55912  
507.433.0600

**OWATONNA COLLEGE & UNIVERSITY CENTER**  
965 Alexander Drive SW  
Owatonna, MN 55060  
507.455.5880

See You  
in the  
Gym!

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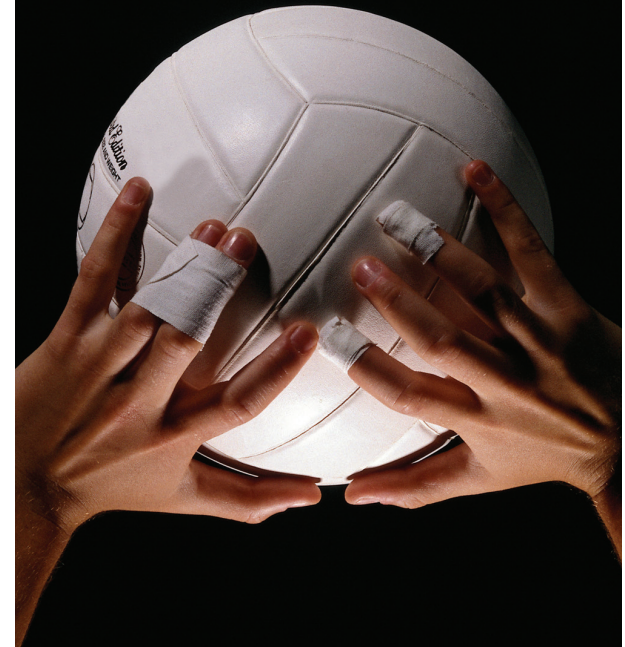
ALBERT LEA | AUSTIN | OWATONNA | ONLINE

[www.riverland.edu](http://www.riverland.edu)



A MEMBER OF THE MINNESOTA STATE COLLEGES AND UNIVERSITIES SYSTEM

Blue Devils  
Volleyball  
Camp



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# Riverland Blue Devils Volleyball Camp

## Meet the Coach



Coach Jahr has played competitive volleyball for eight years both in high school and in college. She began her coaching career in 1984 when she coached at Hastings High School in Hastings, MN, while finishing her Bachelors Degree at the University of Wisconsin River Falls. She then became the assistant varsity coach at

Austin High School in Austin, MN. Currently Helen is a currently finishing her Masters Degree in Physical Education from Minnesota State University, Mankato. She is excited to begin her 17th year as head coach for the Blue Devils in 2010. Helen has created a winning tradition for Riverland, qualifying for the MCAC State Tournament ten of 15 years. Several Blue Devil volleyball players have been recognized within the Division, State, Region and the Nation and have gone on to play volleyball in 4-year programs. Coach Jahr looks forward to continued success.

## Meet the Team



The Riverland Blue Devils had a successful 2009 season. Riverland concluded the season with two Southern Division All Conference players, Krissy Schemmel and Stephanie Neumann. Coach Jahr looks ahead to 2010 with eight players returning: Mercedes Miklya, Kristin Vesel, Abbie Curry, Kelsey Brink, Stephanie Neumann, Danyel Hythecker, Katie Williams and Tiffany Kasper. Coach Jahr will be looking to these players to carry the team to the MCAC State Tournament for the 11th time during her coaching career. With the teams strong court awareness and athleticism, this season should be a competitive one.

## Riverland Volleyball Camp

**Who:** Grades 4 - 6

**When:** July 12 – 15, 2010

**When:** 10 a.m. until 12 p.m.

**What to Wear:** Athletic clothing and tennis shoes.  
NO jeans!

**Cost:** \$40 and includes T-shirt, \$20 due at the time of registration balance due first day of camp.

**Where:** Riverland Gym - Austin East Campus  
1900 8th Ave NW

As Helen Jahr enters her 17th year as head coach for the Blue Devils, she looks forward to teaching volleyball to girls in July. Area athletes going into grades 4-12 have been attending volleyball camp at Riverland since 1995.

Riverland Volleyball camp is a great way to focus on offensive and defensive volleyball skills, blending both the physical and mental aspects of the game. All beginning, intermediate, and advanced players will benefit from the camps. Join Coach Jahr and her Blue Devils for camp this summer!

For more information please contact Helen Jahr at 800-247-5039 or [helen.jahr@riverland.edu](mailto:helen.jahr@riverland.edu)

Registration Form also available online at  
[www.riverland.edu/vbcamp](http://www.riverland.edu/vbcamp)

## Registration Form

Also available online at [www.riverland.edu/vbcamp](http://www.riverland.edu/vbcamp)

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

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

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

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

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

Email: \_\_\_\_\_

Grade: \_\_\_\_\_ (Fall of 2010) Age: \_\_\_\_\_

T-shirt Size - Check One:

- Adult Small       Adult Medium  
 Adult Large       Adult Extra Large

## Release of Liability

I, \_\_\_\_\_  
(parent/guardian name)

release Riverland Community College coaches  
and players of liability for my child,

\_\_\_\_\_ (participant's name)

while she is participating in Riverland's girl's Summer  
Volleyball Camp 2010 at Riverland Community College.

\_\_\_\_\_ (parent/guardian's signature)      \_\_\_\_\_ (date)

Make checks payable to  
"Riverland Community College" and send to:  
Helen Jahr, Head Volleyball Coach  
Riverland Community College - East Campus  
1900 8th Avenue NW  
Austin, MN 55912