



Monterey
BEACH
VOLLEYBALL CAMP
JUNE 22-24, 2018

Donner Lake
BEACH
VOLLEYBALL CAMP
JULY 16-18, 2018

Lake Tahoe
PEAK
VOLLEYBALL CAMP
JULY 20-22, 2018

Zephyr Cove
BEACH
VOLLEYBALL CAMP
JULY 24-26, 2018

Reach your Peak

www.PeakVolleyballCamps.com

Mike@PeakVolleyball.com
530-448-0519

i Information

All camps located in the beautiful Lake Tahoe area. Escape the summer heat at 6225 feet! Our locations can be found within 30 minutes from Reno, about an hour from Auburn, 90 minutes from Sacramento, and within 3 hours from the Bay Area!

Individuals 5th-12th grade

Our camps have experienced coaches to help players of all levels improve to become their personal best. We have a fun positive atmosphere and proven training curriculum. Based on the experience of each participant, training is adjusted for appropriate level of challenge. Warm up to music. Training begins with a focus on skills and position training. Drills progress from high feedback skills repetitions to fun fast-paced game-like scenarios. Team system training in offense, defense, and transition is integrated into the fast-paced game-like scenarios. Competitions are mixed in throughout the camps. The camp concludes with a fun volleyball tournament. Come with friends or make new friends. We have a comfortable and welcoming environment that allows us to open the door for improvement & peak performances.

High School Teams (Varsity, JV and Freshman teams) Team Retreat Camp™

The experience focuses on 5 core areas in team development: 1. Skills; 2. Team systems and game scenarios training; 3. Competitions; 4. Team building integration and activities; and 5. Have fun.

Mike Welch, Camp Director

- ★ 17-year NCAA Division I & II college head coach
- ★ 6 nationally ranked seasons
- ★ 5 conference champions & 4 NCAA Tournaments
- ★ 2 All-Americans, 17 All-Region, 43 All-Conference, and 84 Academic All-Conference
- ★ 2x USA Youth National Team Head Coach
- ★ Head Coach at the US Olympic Festival
- ★ Trained Olympic Gold & Silver Medalists, National Player of the Year honorees and All-Americans
- ★ Volleyball Camp Director since 1990!

▶ Dates & Locations

Donner Lake
BEACH
VOLLEYBALL CAMP July 16-18, 2018
Donner Lake BEACH Volleyball Camp
\$250 per person. 2nd camp discount \$40.
West End Beach Park, Truckee, CA 96161
Sand and Grass courts
Spectators park entry fee \$3-\$4. Players fee paid.

Lake Tahoe
PEAK
VOLLEYBALL CAMP July 20-22, 2018
Tahoe City Volleyball Camp
\$250 per person. 2nd camp discount \$40.
Overnight add \$230 per person.
Day & Overnight options. Overnight includes dorms, meals, pool party, & beach
Indoor and Grass Courts
Pick up/Drop off location & Volleyball
North Tahoe School gym
2945 Polaris Rd, Tahoe City, CA 96145
Overnight at Granlibakken Lodge
Shuttle included to 725 Granlibakken Rd, Tahoe City, CA 96145

Zephyr Cove
BEACH
VOLLEYBALL CAMP July 24-26, 2018
Zephyr Cove BEACH Volleyball Camp
\$250 per person. 2nd camp discount \$40.
Zephyr Cove Resort, 760 US-50, Zephyr Cove, NV 89448
Parking fee is \$10 per day. Free parking on the road (north).

Highlights

- ★ **Positive and motivating atmosphere** created by our experienced coaching staff.
- ★ **"Carry-forward" training** with skill keys for players continue to improve beyond camp.
- ★ **Skills, position training, situational scenarios, and games** enhance peak performance.
- ★ **Court-side tablet technology** for visual feedback.
- ★ **HD digital video demos** with software, frame by frame, draw on screen and more
- ★ **Speed radar gun** to improve power in serving & hitting, teaching arm swing mechanics
- ★ **Fun music** to get warmed up moving and energy in the gym right from the start.
- ★ **Team building experts.** We teach how to be amazing teammates on and off the court.

Monterey
BEACH
VOLLEYBALL CAMP June 22-24, 2018
Monterey Beach Volleyball Camp
\$250 per person. 2nd camp discount \$40.
Carmel Beach in Carmel-by-the-Sea

What to Bring

- A great attitude with energy!
- LUNCH (except Tahoe City overnight)
- Full water bottle
- Athletic tape, braces, inhaler, EpiPen, or other medical?
- Phone/Camera **TURNED OFF**
No computers/tablets please
- For INDOOR camps:**
 - Court shoes and knee pads
 - Shirt (no low cut) & shorts/spandex
- For BEACH camps:**
 - Athletic bathing suit under shirt/shorts
 - "Sand Socks" (neoprene)/old socks
 - Sunblock, sunglasses, hat, towel
- For Overnight participants:**
 - Bedding is supplied for you!
 - Toiletries and alarm clock
 - Pajamas, bathing suit and towel

🕒 Schedule

Day 1
9:00am Check In. Get a Peak Volleyball gift!
Session: Serve, Pass and Serve Receive
11:30am Lunch break
12:30pm Session: Set, Attack and Continuous Games
3:00pm Session ends

Tahoe City Optional overnight participants:
TCO 3:15pm Transportation to Granlibakken. Check into dorm
TCO 4:45pm Pool party
TCO 7:00pm Dinner at Granlibakken
TCO 8:00pm Game night

Day 2
9:00am Session: Floor Defense and Team Defense
11:30am Lunch break
12:30pm Session: Block and Transition Offense
3:00pm Session ends

Tahoe City Overnight option only:
TCO 7:30am Overnight breakfast at Granlibakken Lodge
TCO 8:30am Overnight shuttle to gym
TCO 3:00pm To Commons Beach. Hang out at the beach!
TCO 7:00pm Dinner at Granlibakken
TCO 8:00pm Movie Night

Day 3
9:00am Session: "Bonus" Situational Games
11:30am Lunch break
12:30pm Session: Tournament!
2:50pm Camp awards and Presentation
3:00pm Camp concludes

Tahoe City Overnight option only:
TCO 7:30am Overnight breakfast at Granlibakken Lodge
TCO 8:30am Overnight shuttle to gym

2018 Peak Volleyball Camps Registration, Medical, and Waiver Form

Register at www.PeakVolleyballCamps.com to use credit card and for instant confirmation. Mail in this form to pay by check or school purchase order.

Name _____ Birthday _____ / _____ / _____

E-mail _____ @ _____

Parents/Guardians Name _____

Cell (____) _____ - _____ Home (____) _____ - _____ Work (____) _____ - _____

Address _____

City _____ State _____ Zip _____

School _____ Club team _____

Circle Grade: 12th 11th 10th 9th 8th 7th 6th 5th

Circle Position(s): Setter Middle Blocker Left/Right Side Hitter Libero/Defense

Select Camp(s)... add a second camp and deduct \$40 off that camp!
MAKE CHECK or SCHOOL PURCHASE ORDER PAYABLE TO PEAK VOLLEYBALL.

To pay by credit card, register online at www.PeakVolleyballCamps.com

- June 18-20 Wood River Volleyball Camp, Hailey, ID (commuter only) - \$230
- June 22-24 Monterey Beach Volleyball Camp, Carmel, CA (commuter only) - \$250
- July 16-18 Donner Lake Beach Volleyball Camp, Truckee, CA (commuter only) - \$250
- July 20-22 Tahoe City Volleyball Camp, Tahoe City, CA COMMUTER OPTION - \$250
- July 20-22 Tahoe City Volleyball Camp, Tahoe City, CA OVERNIGHT OPTION - \$480
- July 24-26 Zephyr Cove Beach Volleyball Camp, Zephyr Cove Resort, NV - \$250
- July 30-Aug. 1 Boise Volleyball Camp, Eagle, ID (commuter only) - \$250

DISCOUNTS

- Save \$40 when registering in a second camp (\$40 off per camp after the first full price camp)
- Save \$20 when registering groups of 8 or more (excluding Wood River Volleyball Camp)
- Save \$10 when registering 2 or more siblings

CAMP STORE: items can be viewed from www.PeakVolleyball.com

- Shirt super soft poly/cotton by Peak Volleyball Camps, __S, __M, __L, __XL - \$15
- New Camp Volleyball (with Skills Tutor key words) - \$20
- Peak Mile Stones necklace, Volleyball front with a heart on the back - \$15

MEDICAL RELEASE AND WAIVER

In the event of a medical emergency, I hereby grant permission to any physician, hospital personnel, or camp staff designated by Peak Volleyball (a Peak Inspiration event) to attend to my child. I, the undersigned, understand there are risks associated in strenuous physical exertion with this event. In consideration of the right to participate in any Peak Volleyball event, I hereby assume all risks with this event and waive, release, and discharge any and all claims for damages, personal injury of any kind which may hereafter occur to me, my child, or to any other person as a result of participation in this event. This waiver and release shall be binding on my heirs and assigns, and shall run in favor of Peak Volleyball, its staff, Mike Welch, all camp hosts, facilities, /school districts, schools, parks and recreation departments, and all others connected with this event. I grant permission for use of any photographs and/or video taken of me or my child during the event for display, publication in print or electronic media, advertising, promotion, or other commercial use by any Peak Inspiration properties. All volleyball camp tuition fees are 100% transferable to a future event, or another person for no charge if requested in writing at least 7 days in advance (e-mail Mike@PeakVolleyball.com to request). Camp fee refunds are less a \$50 fee per person if requested in writing at least 30 days prior to event, or less a \$100 fee per person if requested in writing at least 7 days prior to event. No camp refunds will be made if requested less than 7 days in advance. Event facilities, dates, and times may be changed at the discretion of the Director due to weather, safety, construction, permits, facilities rental agreement changes, government limitations, and other factors. Your canceled check is your receipt.

Signature of Participant over 18, or parent/guardian _____ Date _____ / _____ / _____

Emergency contact _____ Phone (____) _____ - _____

Health information (list medications, asthma, diabetes, allergies, injuries, other) _____

Mail to: Peak Volleyball, PO Box 9740, Truckee, CA 96162



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Address _____

City _____ State _____ Zip _____

School _____ Club team _____

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