













JULY 24-26, 2018

Reach your Peak

www.PeakVolleyballCamps.com

Mike@PeakVolleyball.com 530-448-0519

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
- 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

Dates & Locations



BEACEM July 16-18, 2018

\$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



PEAK 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 gvm

2945 Polaris Rd, Tahoe City, CA 96145

Overnight at Granlibakken Lodge

Shuttle included to 725 Granlibakken Rd, Tahoe City, CA 96145



📅 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).

June 22-24, 2018 Donner Lake BEACH Volleyball Camp 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:

- ☐ "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 gvm

TCO 3:00pm To Commons Beach. Hang out at the beach!

☐ Athletic bathing suit under shirt/shorts 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

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.

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.

Parents/Guardians Name Cell (
City	Parents/Guardians Name				
City StateZip	Cell ()Home ()	Work ()		
Club team	Address				
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 20-22 Tahoe City 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 \$40 when registering groups of 8 or more (excluding Wood River Volleyball Camp). Save \$20 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 MEDICAL RELEASE AND WAIVER In the event of a medical emergency, I hereby grant permission to any physician, hospital personnel, or camp slaff designated by Peak Volleyball (Forth 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 slaff designated by Peak Volleyball (a Peak Inspiration event) to attend to my child. I, the undersigned, or to any other person as a result of participation in this event 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 slaff designated by Peak Volleyball (a Peak Inspiration event) to attend to my child. I, the undersigned, or to any other person as a result of participation in this event on the participation of the riot participate in any Peak Volleyball	CitySta	te Z	'ip		
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2018 Peak Volleyball Camps Re

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Emergency contact	Phone ()	į Er

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

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

2018 Peak Volleyball Camps egistration, Medical, and Waiver Form

Name	Birthday///
E-mail	
Parents/Guardians Name	
Cell () Home (Work ()
Address	
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City	State Zip
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To pay by credit card, register online at www.PeakVolleyballCamps.com	
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SCOUNTS

- 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

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- Peak Mile Stones necklace, Volleyball front with a heart on the back \$15

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