



20th year
Florida
TEAM RETREAT
VOLLEYBALL CAMP

Jacksonville
FLORIDA

JULY 10-12, 2018

High School Team Volleyball Camp
Develop your Championship Culture
Reach your Peak

www.TeamRetreat.com

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530-448-0519

i Information

July 10-12, 2018

Jacksonville, Florida

Team Retreat Volleyball Camp

The Team Retreat Camp TM is for high school Varsity, JV, and Freshman teams. Peak Volleyball Camps is a great choice for high school volleyball teams. We create a dynamic comprehensive program including skills training, team systems training, game scenarios, competitions, tournament, and team building. It's about building the dream, a championship team culture, and cohesiveness to reach your peak. Each team has a Team Retreat Camp court coach work with your team.

Our Team Retreat Camp TM experience focuses on 5 core areas in team development:

- ★ Skills foundation and position training
- ★ Team systems and game scenarios training
- ★ Competition (indoor tournament)
- ★ Team building integration and developing a championship team culture
- ★ A fun and positive experience builds team cohesiveness!

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 many All-Americans
- ★ Volleyball Camp Director since 1990!

Location

Jacksonville, Florida
JJVA Volleyball Training Center
Beautiful new 12 court facility
8457 Western Way, Jacksonville, FL 32256

The Team Retreat Camp was previously located at the University of North Florida and Berry College from 1998-2016. It is now back in Jacksonville at the beautiful JJVA Volleyball Training Center!

Optional Accommodations and Meals

- ★ **Lunches are included for all participants** at the JJVA Volleyball Training Center.
- ★ Optional (additional cost) blocked hotel rooms at the Embassy Suites Baymeadows for your team through Avanti Travel Group. Two room suites sleep up to 5 people. Hotel includes complimentary cook-to-order breakfasts. Rooms are \$120, which works out to be as low as \$20 per person per night for accommodations and breakfast. Two minute drive or 10 minute walk to JJVA Training Center.
- ★ No host dinners on your own. See camp schedule.

Highlights

- ★ **"Carry-forward" training** with skill keys for players continue to improve beyond camp.
- ★ **Skills, situational scenarios, and games** for a solid foundation through effective play.
- ★ **Competitions and Tournament** throughout the camp experience.
- ★ **Positive and motivating atmosphere** created by the coaching staff.
- ★ **Team building experts.** We teach how to be amazing teammates on and off the court.

One coach free with every 8 paid players

What to Bring

- A great attitude with energy!
- Full water bottle to each session
- Court shoes (no black tread)
- Knee pads
- Shirt (no low cut)
- Shorts or spandex,
- Money for snacks and camp store
- Athletic tape, braces, inhaler, EpiPen, or other medical?
- Phone/Camera **TURNED OFF**

OVERNIGHT OPTION

- Pajamas
- Alarm clock
- Toiletries
- Alarm clock
- Leave electronics at home



Register online:
www.TeamRetreat.com
Mike@PeakVolleyball.com
530-448-0519

Schedule

Sample Camp Schedule:

Our unique team building activities and developing Championship Culture is integrated into each session.

Optional lodging with complimentary breakfasts through Avanti Travel Group.

Day 1

8:30am CHECK IN at JJVA Volleyball Training Center.
Get a Peak Volleyball gift!
9:00am Session: Serve, Pass and Serve Receive
11:30am Lunch included, served at JJVA Center Court Cafe
12:30pm Session: Set, Attack and Continuous Games
3:00pm Session ends

Unofficial beach party. Meet at Jax Beach after camp!
Dinner on own in Jax Beach after.

Day 2

9:00am Session: Serve Receive
11:30am Lunch included, served at JJVA Center Court Cafe
12:30pm Session: Floor Defense and Team Defense
3:00pm Session ends

Recommend shopping & dinner at St. Johns Town Center.
Dinner on own.

Day 3

9:00am Session: Block and Transition Offense
11:30am Lunch, served at JJVA Center Court Cafe
12:30pm Session: Tournament! Wear team themed attire.
2:50pm Camp awards and Presentation
3:00pm Camp concludes

2018 Florida Team Retreat Camp Registration, Medical, and Waiver Form

Register online at www.TeamRetreat.com for instant confirmation or to use credit card. Mail this form to pay by check. Please write legibly.

Name _____ Birthday ____/____/____

E-mail _____@_____

Parents/Guardians Name _____

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

Address _____

City _____ State _____ Zip _____

School _____ Club team _____

Grade: 12th 11th 10th 9th 8th Head Coach Asst Coach Chaperone

FLORIDA TEAM RETREAT VOLLEYBALL CAMP in Jacksonville, FL

July 10-12, 2018 Team Retreat Camp

MAKE CHECK PAYABLE TO PEAK VOLLEYBALL

PLAYERS:

Camp participant registration (includes lunches each day) - \$250

COACHES/CHAPERONES:

Coach registration (1 coach free with every 8 paid players, includes lunches each day)

Additional coach/chaperone (includes lunches and gift) - \$30

OPTIONAL OVERNIGHT ACCOMMODATIONS (includes breakfast):

Not included in price. Coaches only complete hotel request information.

_____ Estimated rooms (we provide you with link to Embassy Suites blocked rooms, \$120 rate for 2 room suite that can sleep 5, includes cook-to-order breakfasts, works out to be as low as \$20 per person per night)

CAMP STORE: items can be viewed www.PeakVolleyballCamps.com

Shirt super soft poly/cotton by Peak Volleyball Camps, __S, __M, __L, __XL - \$15

Volleyball (blue, green and white 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 or JJVA to attend to my child. I, the undersigned, understand that 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, JJVA (Jacksonville Juniors Volleyball Association) employees, staff, volunteers, 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. Refunds, less a \$50 fee per person will be made if requested in writing at least 30 days prior to camp, or less a \$100 fee per person if requested in writing at least 14 days prior to camp. Player fees are transferable to another person or another camp if requested in writing at least 7 days in advance. Your canceled check will serve as 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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