







**JULY 16-18, 2018** 



**JULY 20-22, 2018** 



**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 TM 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.

# **Dates & Locations**



## LIEYBALL CAMP July 16-18, 2018

\$250 per person. 2nd camp discount \$40. West End Beach Park, Truckee, CA 96161

Spectators park entry fee \$3-\$4. Players fee paid



Sand and Grass courts

### WOLLEYBALL CAMP July 20-22, 2018 **Tahoe City Volleyball Camp**

\$250 per person. 2nd camp discount \$40. Only offered as a day/commuter camp this summer Indoor Courts

Pick up/Drop off location & Volleyball North Tahoe School gym 2945 Polaris Rd, Tahoe City, CA 96145

### BEACH 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:
- ☐ Athletic bathing suit under shirt/shorts ☐ "Sand Socks" (neoprene)/old socks
- ☐ Sunblock, sunglasses, hat, 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

### 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

### Day 3

9:00am Session: "Bonus" Situational Games

11:30am Lunch break

12:30pm Session: Tournament!

2:50pm Camp awards and Presentation

Camp concludes 3:00pm

## Check this out

## **Beach Volleyball Camp** at Wild Island Waterpark

Sparks, Nevada

JUNE 14-16, 2018

\$250 (\$210 if participant has Wild Island season pass)

The Wild Island Waterpark Beach Volleyball Camp is a

unique experience. A great volleyball camp inside an awesome waterpark. This is the ultimate summer experience. We have sand and grass volleyball courts for training and competitions! With a super cool location and environment, participants get to take advantage of cooling off with waterpark activities! Lunch break has free time to explore the waterpark and all it has to offer. This camp is a one-of-a-kind experience that will be a highlight of summer vacation!

## **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.
- Trained Olympic Gold & Silver Medalists, National Player of the Year honorees and All-Americans

Mike Welch, Camp Director 17-year NCAA Division I & II college head coach

2x USA Youth National Team Head Coach

Head Coach at the US Olympic Festival

2 All-Americans, 17 All-Region, 43 All-Conference, and

84 Academic All-Conference

♠ 6 nationally ranked seasons

### 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.

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 MAKE CHECK or SCHOOL PURCHASE ORDE To pay by credit card, register online at www.Pe. June 14-16 Wild Island Beach Volleyball Camp, Ha June 18-20 Wood River Volleyball Camp, Ha June 22-24 Monterey Beach Volleyball Camp July 16-18 Donner Lake Beach Volleyball Cam July 20-22 Tahoe City Volleyball Camp, Taho July 24-26 Zephyr Cove Beach Volleyball Ca July 30-Aug. 1 Boise Volleyball Camp, Eagle	IR PAYABLE TO PEAK VOLLEYBALL. akVolleyballCamps.com np, Sparks, NV - \$250 (\$210 if season pass) iley, ID (commuter only) - \$230 iley, IC (commuter only) - \$250 mp, Truckee, CA (commuter only) - \$250 e City, CA (commuter only) - \$250 mp, Zephyr Cove Resort, NV - \$250
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CAMP STORE: items can be viewed  ☐ Shirt super soft poly/cotton by Peak Volleyba  ☐ New Camp Volleyball (with Skills Tutor key w  ☐ Peak Mile Stones necklace, Volleyball front w	II Camps,S,M,L,XL - \$16 ords) - \$20
MEDICAL RELEASE AND WAIVER In the event of a medical emergency, I hereby grant perm staff designated by Peak Volleyball (a Peak Inspiration ev understand there are risks associated in strenuous physic to participate in any Peak Volleyball event, I hereby assur discharge any and all claims for damages, personal injury or to any other person as a result of participation in this ev heirs and assigns, and shall run in favor of Peak Volleyba /school districts, schools, parks and recreation departmen permission for use of any photographs and/or video taken publication in print or electronic media, advertising, prome properties. All volleyball camp fultion fees are 100% trans charge if requested in writing at least 7 days in advance ( refunds are less a \$50 fee per person if requested in writin person if requested in writing at least 7 days prior to even days in advance. Event facilities, dates, and times may be safely, construction, permits, facilities rental agreement ch canceled check is your receipt.	ent) to attend to my child. I, the undersigned, all exertion with this event. In consideration of the right neal irisks with this event and waive, release, and of any kind which may hereafter occur to me, my child, vent. This waiver and release shall be binding on my li, lis staff, Mike Welch, all camp hosts, facilities, its, and all others connected with this event. I grant of me or my child during the event for display, oitin, or other commercial use by any Peak Inspiration ferable to a future event, or another person for no e-mail Mike@PeakVolleyball.com to request). Camp fee ng at least 30 days prior to event, or less a \$100 fee per I. No camp refunds will be made if requested less than 7 s changed at the discretion of the Director due to weather hanges, government limitations, and other factors. Your
Signature of Participant over 18, or parent/guardian	
Emergency contact	
Health information (list medications, asthma, diabetes, all	ergies, injuries, other)
Mail to: Peak Volleyball, PO Box	 97/ΛΛ Τημοκρρ CΔ 96162

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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 ()
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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
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