



Idaho Falls  
**PEAK**  
VOLLEYBALL CAMP

JUNE 12-14, 2019

Wood River  
**PEAK**  
VOLLEYBALL CAMP

JUNE 17-19, 2019

Boise  
**PEAK**  
VOLLEYBALL CAMP

JULY 29-31, 2019

# Idaho Volleyball Camps

[www.PeakVolleyballCamps.com](http://www.PeakVolleyballCamps.com)

Mike@PeakVolleyball.com

530-448-0519

## Reach your Peak

### **i** Information

#### Individuals 5th-12th grade and teams welcome

Peak Volleyball Camps are a great match for players ages 10-17 with experience from beginner, intermediate, through advanced levels; and high school teams. We group participants and teams by experience to offer appropriate level of challenge with confidence in training.

Our coaches are excellent at personalizing with each player. Our curriculum includes Skills; Team systems/games; Competitions; Team building integration; & Having fun.

We love to coach. Our staff is passionate about volleyball and really enjoy working with youth players. We are positive and mindful coaches teaching life lessons with teachable moments. We want our players to have a growth mindset, focus on mastery and being confident in their journey to become their personal best. We grow through effort, learning, and adjusting from mistakes.

We have knowledge, experience, creativity, positivity, and passion to help you reach your peak.

Register for 2 or more camps and save \$40!

#### 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!

### 📍 Dates & Locations

June 12-14, 2019 (3-Day Camp)  
Idaho Falls Volleyball Camp  
in Idaho Falls, ID

We are so excited to be back!  
Annual volleyball camp from 2008-2014.

\$260 per person  
Apple Athletic Club  
2030 Jennie Lee Drive, Idaho Falls, ID 83404

June 17-19, 2019 (3-Day Camp)  
Wood River Volleyball Camp  
in Hailey, ID  
5th annual camp

\$240 per person  
Community Campus, Sun Valley, Idaho area  
1050 Fox Acres Road, Hailey, ID 83333

July 29-31, 2019 (3-Day camp)  
Boise Volleyball Camp in Eagle, ID  
12th annual camp

\$260 per person  
North Star Charter School  
839 North Linder Road, Eagle, ID 83616  
Boise, Idaho area

### 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.

### ☑️ What to Bring

- A great attitude with energy!
- LUNCH
- Full water bottle
- Court shoes (no black tread)
- Knee pads
- Shirt (no low cut)
- Shorts or spandex,
- Athletic tape, braces, inhaler, EpiPen, or other medical?
- Phone/Camera TURNED OFF

Meals not provided:  
We have a lunch break from 11:30-12:30 each day. Please pack an appropriate lunch and snacks, or players can be picked up for lunch.

REMEMBER to bring a full water bottle!



### 🕒 Schedule

9:00am-3:00pm daily  
CHECK IN at 9:00am

#### 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

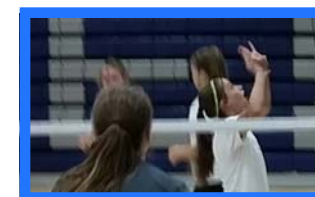
#### Day 2

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

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## 2019 Peak Volleyball Camps Registration, Medical, and Waiver Form

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Name \_\_\_\_\_ Birthday \_\_\_\_\_ / \_\_\_\_\_ / \_\_\_\_\_

E-mail \_\_\_\_\_ @ \_\_\_\_\_

Parents/Guardians Name \_\_\_\_\_

Cell (\_\_\_\_) \_\_\_\_\_ - \_\_\_\_\_ Home (\_\_\_\_) \_\_\_\_\_ - \_\_\_\_\_ Work (\_\_\_\_) \_\_\_\_\_ - \_\_\_\_\_

Address \_\_\_\_\_

City \_\_\_\_\_ State \_\_\_\_\_ Zip \_\_\_\_\_

School \_\_\_\_\_ Club team \_\_\_\_\_

Shirt size (shirt included with registration) Circle Size: S M L XL

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](http://www.PeakVolleyballCamps.com)

- June 12-14 Idaho Falls Volleyball Camp, Idaho Falls, ID (commuter only) - \$260
- June 17-19 Wood River Volleyball Camp, Hailey, ID (commuter only) - \$240
- July 8-10 Wild Island Beach Volleyball Camp, Sparks, NV - \$260 (\$220 if season pass)
- July 15-17 Donner Lake Beach Volleyball Camp, Truckee, CA (commuter only) - \$260
- July 18-19 Zephyr Cove Beach Volleyball Camp, Zephyr Cove Resort, NV - \$200
- July 22-24 Tahoe City Volleyball Camp, Tahoe City, CA (commuter only) - \$260
- July 25-26 Truckee Volleyball Camp, Truckee, CA - \$200
- July 29-31 Boise Volleyball Camp, Eagle, ID (commuter only) - \$260

### DISCOUNTS (only 1 discount can be used)

- 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](http://www.PeakVolleyball.com)

- New Camp Volleyball (with Skills Tutor key words) - \$20

### 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](mailto: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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