



Wild Island Waterpark  
**BEACH VOLLEYBALL CAMP**

**JULY 8-10, 2019**

Donner Lake  
**BEACH VOLLEYBALL CAMP**

**JULY 15-17, 2019**

Zephyr Cove  
**BEACH VOLLEYBALL CAMP**

**JULY 18-19, 2019**

Lake Tahoe  
**PEAK VOLLEYBALL CAMP**

**JULY 22-24, 2019**

Truckee  
**PEAK VOLLEYBALL CAMP**

**JULY 25-26, 2019**

# Lake Tahoe & Reno Reach your Peak

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

Mike@PeakVolleyball.com  
530-448-0519

## **i** Information

### Individuals 5th-12th grade

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.

Our coaches are dedicated professionals. We have led as college head coaches, college assistant coaches, and been college players. Our staff has reached their peak earning national rankings, NCAA Tournament appearances, Conference Championships, Coach-of-the-Year awards, and coached numerous All-Americans and USA Olympians.

### 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

### July 15-17, 2019 (3-Day Camp)

#### Donner Lake BEACH Camp

\$260 per person  
West End Beach Park, Truckee, CA 96161  
Sand and Grass courts  
Spectators park fee \$3-\$4. Players entry paid.

### July 18-19, 2019

#### 2-Day Competition Camp Zephyr Cove BEACH Camp

\$200 per person.  
Sand courts  
Zephyr Cove Resort, 760 US-50, Zephyr Cove, NV 89448  
Parking is \$10 per day. Free parking on the road (north).

### July 22-24, 2019 (3-Day Camp)

#### Tahoe City INDOOR Camp

\$260 per person  
North Tahoe School gym  
2945 Polaris Road, Tahoe City, CA 96145

### July 25-26, 2019

#### 2-Day Competition Camp Truckee INDOOR Camp

\$200 per person  
Truckee High School gym  
11725 Donner Pass Rd, Truckee, CA 96161

### Want 5 straight days of camp?

Combine Donner Lake + Zephyr Cove  
Beach camps or Tahoe City + Truckee  
Indoor camps for \$420 (save \$40!)

### July 8-10, 2019 (3-Day Camp)

#### Wild Island Waterpark BEACH Camp

\$260 per person  
250 Wild Island Court, Sparks, NV 89434  
Entry paid for camp participants  
Spectators, family and friends pay to enter  
the park. We have discounted group rate  
tickets available for \$20 per person per day.

## 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

## 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.

## **🕒** Schedule

### 3-Day Skills and Games Camps

#### 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  
3:00pm Camp concludes

### 2-Day Competition Camps

#### Day 1

9:00am Check In. Get a Peak Volleyball gift!  
Session: Serve Receive, Offense, and  
Competition Games  
11:30am Lunch break  
12:30pm Session: Team Defense and  
Competition Games  
3:00pm Session ends

#### Day 2

9:00am Session: Tournament pool play  
11:30am Lunch break  
12:30pm Session: Tournament continues and  
Play Off bracket!  
2:50pm Camp awards and Presentation  
3:00pm Camp concludes

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

Register at [www.PeakVolleyballCamps.com](http://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 \_\_\_\_\_

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 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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