



# Lake Tahoe Volleyball Camps

## 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. 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 4 core areas in team development: 1. Skills; 2. Team systems and game scenarios training; 3. Competitions; and 4. Team building integration and activities.

### 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



**Donner Lake BEACH Volleyball Camp**  
July 17-19, 2017  
\$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.



**Tahoe City Volleyball Camp**  
July 21-23, 2017  
\$250 per person. 2nd camp discount \$40.  
Overnight add \$230 per person.  
**Day & Overnight options. Overnight includes dorms, meals, Treetop Adventure, pool party, & beach**  
Indoor and Grass Courts  
**Pick up/Drop off location & Volleyball**  
North Tahoe School gym  
2945 Polaris Rd, Tahoe City, CA 96145  
**Overnight at Granlibakken Lodge**  
Shuttle included to 725 Granlibakken Rd, Tahoe City, CA 96145



**Zephyr Cove BEACH Volleyball Camp**  
July 26-28, 2017  
\$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).

### 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.



**Team Retreat Camp Tahoe City**  
July 21-23, 2017  
\$240 per person. Overnight add \$230 pp  
**Overnight option includes dorms, meals, Treetop Adventure, pool party, & beach**  
**Pick up/Drop off location & Volleyball**  
North Tahoe School gym  
2945 Polaris Rd, Tahoe City, CA 96145  
**Overnight at Granlibakken Lodge**  
725 Granlibakken Rd, Tahoe City, CA 96145

### 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 **TURND 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
- For Overnight participants:**
- Bedding is supplied for you!
- Toiletries and alarm clock
- Pajamas, bathing suit and towel

## **Team Camp** 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 Overnight option only:*

TCO 3:00pm Shuttle and Overnight check in at Granlibakken Lodge  
TCO 5:00pm Tahoe Treetop Adventure at Granlibakken  
TCO 7:45pm Pizza and Pool Party, all participants welcome

### 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 Rideout  
TCO 3:00pm Shuttle to Commons Beach. Hang out at the beach!  
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 Rideout

## 2017 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 \_\_\_\_\_

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 26-28 Wood River Volleyball Camp, Hailey, ID (commuter only) - \$225
- June 23-25 Monterey Beach Volleyball Camp, CA (commuter only) - \$250
- June 27-29 South Lake Tahoe Volleyball Camp, Stateline, NV (commuter only) - \$250
- July 17-19 Donner Lake Beach Volleyball Camp, Truckee, CA (commuter only) - \$250
- July 21-23 Tahoe City Volleyball Camp, Tahoe City, CA COMMUTER OPTION - \$250
- July 21-23 Tahoe City Volleyball Camp, Tahoe City, CA OVERNIGHT OPTION - \$480
- July 26-28 Zephyr Cove Beach Volleyball Camp, Zephyr Cove Resort, NV - \$250
- Aug. 1-3 Boise 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 \$10 when registering 2 or more siblings, or with groups of 8 or more

### CAMP STORE: items can be viewed from [www.PeakVolleyball.com](http://www.PeakVolleyball.com)

- Shirt super soft poly/cotton by Peak Volleyball Camps, \_\_S, \_\_M, \_\_L, \_\_XL - \$14.99
- New Camp Volleyball (with Skills Tutor key words) - \$19.99
- Peak Mile Stones necklace, Volleyball front with a heart on the back - \$14.99

### 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. Refunds, less a \$50 fee will be made if requested in writing at least 30 days prior to camp, or less a \$100 fee 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 is your receipt.

\_\_\_\_\_  
Signature of Participant over 18, or parent/guardian Date \_\_\_\_/\_\_\_\_/\_\_\_\_

Emergency contact \_\_\_\_\_ Phone (\_\_\_\_)\_\_\_\_-\_\_\_\_

Health information (list medications, asthma, diabetes, allergies, injuries, other)  
\_\_\_\_\_  
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Mail to:  
Peak Volleyball, PO Box 9740, Truckee, CA 96162



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