



LAVA WEST

LAVA WEST VOLLEYBALL CLUB - THOUSAND OAKS, CA



Girls Indoor Volleyball – Summer 2019 @ LAVA West Volleyball Club

LAVA WEST = COMPETITIVE EXCELLENCE

LAVA West is the premier girls volleyball club of Ventura County, bringing new meaning to the term competitive excellence in the Conejo Valley. Since our inception in 2012, our teams have won five gold medals, one silver medal, and six bronze medals in national competition, earned ten qualification bids to USA Volleyball's Junior National Championships, procured more than 25 national tournament Top Five finishes, and been a consistent presence in the upper Gold Division in Southern California – by wide margin outdistancing our local competitors.

The secret to Lava West success? Quality coaching, dedicated athletes, and a strong culture that values hard work, training, growth, and a commitment to excellence based on your attitude, effort, and talent. We deeply care about our families and the performance of our athletes and teams. Ours is an environment where athletes and coaches are given every opportunity to perform at their best and achieve their goals.

Want More Info? Contact Our Director ... Trevor Julian
(email) trevorjulian@gmail.com (cell) 818-631-7785

YOUTH OFFERINGS ... Seasonal Programs

Lava Lite Youth Program ... For Rising Grades 03-06

The popular Lite Program gives a volleyball intro in our fun, friendly gym; basic skills and games! Beginner/intermediate. Full session or choose specific days. Sign up: lavacademy.com/lava-lite-west.

Lava Lite ... Girls Rising Grades 03-06 ... Mondays @ Colina MS
Mondays • 5:30p-7:00p • July 22-Aug 26 • 6 practices • \$84
**Drop-in for last days of Spring Session – 6/3, 6/10, 6/17, 6/24*

Advanced Lite "Plus" ... For Rising Grades 05-06

Lite Plus is for int/advanced Lite players who want to add an extra day of training, and who expect to play club volleyball on a travel team starting in the fall. Sign up: lavacademy.com/lava-lite-west.

Lite Plus ... Girls Rising Grades 05-06 ... Mondays & Fridays @ Colina
Mondays • 5:30p-7:00p • June 03-Aug 26 • 10 practices • \$140
Fridays • 4:15p-5:30p • June 07-Aug 23 • 10 practices • \$120

Lava Juniors Program ... For Rising Grades 07-09

Lava Juniors is the next step up from Lite, with more specific skills training and competition options. Full session or choose specific days. All skill levels welcome. Sign up: lavacademy.com/lava-juniors-west.

Lava Juniors ... Girls Rising Grades 07-09 ... Sundays @ Teen Center
Sundays • 3:30p-5:00p • July 14-Aug 25 • 7 practices • \$98
**Drop-in for last days of Spring Session – 6/2, 6/9, 6/23*



*Rising Grade = Player's Grade Level for 2019-2020 School Year

SUMMER CLINICS & WORKSHOPS

Monday Position Academies ... For Rising Grades 07-10

Position Academies are position-specific training sessions. Athletes will be working on skills and techniques (high reps) specific to each position. Sign up for your position only.

Mondays • Colina • \$10 • Sign up: lavacademy.com/summer-west.

Setter Academy • For Setters Only • Mondays 7:00p-8:00p • 7/22-8/26

Passing Academy • For Passers Only • Mondays 7:00p-8:00p • 7/22, 8/5, 8/19

Hitter Academy • For Hitters Only • Mondays 7:00p-8:00p • 7/29, 8/12, 8/26

Wednesday Workshops ... For Rising Grades 04-10

Wednesday Workshops cover a range of skills. Each workshop is half skills training, half competitive game-like play for technical work put into more game application.

Wednesdays • Colina MS • Dates: 7/17, 7/24, 7/31, 8/7, 8/14, 8/21

Sign up: lavacademy.com/summer-west.

4th-6th Graders • Wednesdays • 530p-630p • \$10

7th-10th Graders • Wednesdays • 630p-800p • \$15

Friday Fundamentals ... For Rising Grades 05-10

Fundamental skills training on Friday evenings! Putting the FUN in fundamentals!

Fridays • 5:30p-7:00p • Colina MS • \$15 per day • July 19-Aug 23

Sign up: lavacademy.com/summer-west.

Friday Open Gyms ... For Rising Grades 09-12

Open Gyms for high school athletes. College alumnae invited as well.

Fridays • 7:00p-8:30p • Colina MS • FREE! • July 26, Aug 02

Sign up online: lavacademy.com/pre-tryout-clinics-lava-west.

Pre-Tryout Clinics ... For 15's-18's Age Divisions

Pre-Tryout Clinics help prepare athletes for club volleyball tryouts on Sat August 03.

Sundays • La Reina HS • 5:30p-7:00p • \$10 • July 21, July 28

Sign up for clinics online: lavacademy.com/pre-tryout-clinics-lava-west.

WEEK-LONG SUMMER CAMP OFFERINGS

We offer four weeks of half-day camps for rising 4th-9th grade girls. Each camp runs Tues-Friday @ Colina. Each camper gets shirt. Expert lead coaches. Courts grouped by skill/age. Friday pizza party. Sign up: lavacademy.com/summer-west-camps.

Camp #01 ... June 11-14 • Tues-Fri 9:30a-12:00p • Rising Grades 04-09 • \$124

Camp #02 ... June 18-21 • Tues-Fri 9:30a-12:00p • Rising Grades 04-09 • \$124

Camp #03 ... July 16-19 • Tues-Fri 9:30a-12:00p • Rising Grades 04-09 • \$124

Camp #04 ... Aug 06-09 • Tues-Fri 9:30a-12:00p • Rising Grades 04-09 • \$124

**Early Drop Off Available Starting at 8:30am Each Day – Sign Up For It On Form*

SIGN UP ONLINE @ LAVACADEMY.COM/SUMMER-WEST

Location Details

Colina Middle School (CMS), 1500 Hillcrest Drive, Thou Oaks
Thousand Oaks Teen Center (TC), 1375 East Janss Rd, Thou Oaks
La Reina High School (LR), 106 West Janss Road, Thou Oaks

15's-18's Club Tryouts @ LAVA West ... August 03 (Saturday)

LAVA West offers club travel teams for girls age 10-18. Tryouts for girls grades 9-12 (15's-18's age groups) opens on **August 03 (Sat)**. 11's-14's division tryouts in October. For more info and/or to pre-register online: lavacademy.com/tryouts-lava-west.