

EXCEL 2012 VOLLEYBALL TEAM CAMPS

RIO RANCHO, NM

Power Division - Elite July 9-11
Classic Division - Gold & Silver July 12-14

GLENDALE, AZ

Power Division - Elite July 16-18
Classic Division - Gold & Silver July 19-21

EL PASO, TX

Power Division - Elite July 23-25
Classic Division - Gold & Silver July 26-28

***COST=\$300 PER TEAM PLUS \$150 PER PLAYER**

QUALIFIED INSTRUCTORS

KAREN CURTIS LAMB, CAMP DIRECTOR

- Camp director 1975-Present
- BYU Head Coach 2002-2005
- BYU Assistant Coach 1994-2002
- USA Women's Team Assistant Coach 1990-1992
- BYU All-American and Hall of Famer
- Head Coach - Washington State University for three seasons 1986-1989
- Head Coach at University of Nevada, Las Vegas in 1984 and 1985
- Coached Central Arizona College to the NJCAA National Volleyball Title in 1983
- Named NJCAA National Coach of the Year-1983

LISA STUCK, CAMP DIRECTOR

- Head Coach - Glendale Community College 1999-2012
- Named NJCAA District 2 Coach of the Year
- NAU Assistant Coach 1996-1999
- Head Coach - Mesa Community College 1991-1996
- ASU All-American and Hall of Famer

2012 STAFF

Our staff is always excellent and includes a mixture of experienced Collegiate Coaches, Junior Coaches, All Americans, former USA Volleyball Team Members and Olympians, schedule permitting.

SPECIAL FEATURES

- **Different schedules for Power-Elite and Classic-Gold and Silver Divisions**
- Improve your program from tryouts to playoffs
- Separate position training each full day
- Athletic trainers available at each camp
- Great volleyball wear at camp store
- Awesome prizes for Division Champions
- Prizes awarded for yell/skit competition

POWER AND CLASSIC DIVISIONS WILL BETTER FILL THE NEEDS OF ALL TEAMS.....

Power Division-Elite -More team system and out of system development, advanced skill and position training, strategy and decision making, top notch competitive session in both wash drills and tournament play. Fun team warm ups and yells to enhance team bonding.

Eligibility: **NM**-state champions, state finalists, state quarterfinalists; **AZ**-state and regional qualifiers; **TX**-any playoff varsity teams

Classic Division-Gold and Silver -Team system training and skill training, position training in all positions, wash drills and competitive play with more parity. Fun team warm ups and yells to enhance team bonding.

Gold Eligibility: Varsity and/ or top level JV teams

Silver Eligibility: Junior varsity, frosh, or incoming frosh teams

OUR NEW FORMAT-We **EXCEL** at improving teams and players to win championships. Get a head start on the competition with 9 hours of team instruction, 9 hours of competition and 3 hours of position training. Each team is provided an instructor that stays with the team the entire camp. The high school coach determines what systems will be used and refined for the 2012 season. If desired, our camp coach can recommend any systems based on team personnel. Any involvement by the high school coach at camp is welcomed and attendance is encouraged, but not necessary. Awards will be given to the Division Champion at the end of camp.

TOURNAMENT PLAY

Each team registered in the camp has one free playing slot in the tournament but can purchase another slot for \$300. Prizes given to winners.

TEAM BUILDING

Team building, team chemistry, and cooperation is a natural by-product of our camp schedule. The warm up and cool down sessions involve team building and competitive activities. Our yell/skit competition provides opportunities for leadership and often brings out unrealized team talent. It also brings fun and entertainment to camp. These activities help your team to work together toward common goals.

TEAM CAMP SAMPLE SCHEDULE:

9:00-12:00 - Team Instruction and Skills

1:30-2:30 - Individual Position Training Stations
Setters, Middle Hitter/Blockers, Outside Hitters (R and L), Libero and Defensive Specialists

2:30-3:00 - Yells/Skits

3:00-6:00 - Team Tournament Play

COACHES' COMMENTS

Thank you for doing the camps. I still think you are the best thing that has happened to Mustang Volleyball!

Lucinda Nash, Monument Valley High School-8 time Arizona 3A State Champions and 5-time runners- up. 2005 National High School Coaches' Association Coach of the Year

My team looks forward to the Excel camp every year. I'm thoroughly impressed with the intensity and quality of instruction. The Excel staff raises the bar for athletes and creates an environment of excellence and mutual respect. It has helped my program tremendously over the past few years.

**Kathy Wilson, Ironwood High School
2005 5A Arizona State Champions**

Best of all the rest, and believe me I've been to a lot of camps.

**Flo Valdez, Franklin High School, El Paso, Texas
Coach Valdez won 376 matches in New Mexico and has won 461 matches at Franklin -- setting the standard for volleyball success in the Southwest.**

The Excel camp sets the tempo for our season. The coaches have high standards and really push the girls. The quality of instruction and team building is worth every penny.

**Carly Bourland, Centennial High School
2008 Arizona 5A State Champions**

We host and attend this camp annually to make our team better. We pick the brains of the camp coaches and often incorporate their ideas into our system. This is more like the "boot camp" before we get to our tryouts.

**Toby Manzanera, Rio Rancho High School
6 time New Mexico 5A State Champions**

***COST: NEW THIS YEAR, camp cost will be comprised of one team fee plus \$150 per player attending.** (10 player minimum and 14 player max.)

If postmarked by:	Team Fee:
December 15	\$300
January 15	\$400
After January 15	\$500
After May 15	\$500 + \$175 per player

Individual player fees must be postmarked by May 15 and are not required by Team Fee deadlines.

All payments postmarked after May 15, will be subject to a \$25 late fee per player. **Prices do not include room and board.**

CAMP HOTEL: Selected for quality and value.

Rates and information provided upon request for Rio Rancho, Glendale, and El Paso.

TEAM CAMP REGISTRATION INFO

- **Register now, space limited.**
- Call Karen for questions on divisions, fee, or format at 801-360-1145.
- Your team fee must be accompanied by a team registration form. Player registration forms can be sent later with player payments.
- We take school PO's. If paying by check please send **one check per team**. Pay with credit card via PayPal.com to karen@excelvb.com
- Additional information will be sent upon receipt of team registration and team fee.

Send checks or PO's payable to:

EXCEL VOLLEYBALL CAMPS

559 NORTH 750 EAST

OREM, UT 84097

(801)229-2655 office (801)360-1145 cell

FAX: (801)764-9439

EMAIL: karen@excelvb.com

WEBSITE: www.excelvb.com

2012 TEAM CAMP REGISTRATION FORM

- My team is registering for team camp which includes one tournament playing slot.
 My team is purchasing an extra playing slot for \$300 for a total of two slots in the tournament

COACH NAME _____ SCHOOL/CLUB _____ NICKNAME _____ COLORS _____

SCHOOL ADDRESS _____ SCHOOL PHONE _____

COACH'S ADDRESS _____ CELL PHONE _____

SCHOOL EMAIL _____ HOME EMAIL _____

Please indicate address to which return info should be sent school email home email Number of players attending _____ Amount of money included \$ _____

Site attending: Level - Varsity, JV, Frosh, Inc Frosh (circle one)

Hotel needed Hotel not needed

- July 9-11 Rio Rancho High School, NM Power Division Elite
 July 12-14 Rio Rancho High School, NM Classic Division Gold
 July 12-14 Rio Rancho High School, NM Classic Division Silver
 July 16-18 Ironwood High School, AZ Power Division Elite
 July 19-21 Ironwood High School, AZ Classic Division Gold
 July 19-21 Ironwood High School, AZ Classic Division Silver
 July 23-25 Franklin High School, TX Power Division Elite
 July 26-28 Franklin High School, TX Classic Division Gold
 July 26-28 Franklin High School, TX Classic Division Silver

I will need the following rooms for my team:

Singles _____ Double _____ Double/Double _____

I will have a party of _____ coaches and _____ players

2012 PLAYER REGISTRATION FORM (MUST BE FILLED OUT FOR EACH PLAYER)

NAME _____ SCHOOL _____ B-DAY _____ GRADE(9/12) _____

ADDRESS _____ CITY _____ STATE _____ ZIP _____

HOME EMAIL _____ CELL PHONE _____ HOME PHONE _____

FATHER'S NAME _____ CELL PHONE _____ HOME PHONE _____

MOTHER'S NAME _____ CELL PHONE _____ HOME PHONE _____

PERSON TO CALL IN CASE OF EMERGENCY _____ PHONE NUMBER _____

INSURANCE POLICY _____ SUBSCRIBER NAME AND NUMBER _____

GROUP NUMBER _____ SUBSCRIBER EMPLOYER _____

Please list any medical condition or medication allergy we should be aware of _____

PARENT PERMISSION FORM (MUST BE SIGNED FOR PLAYER TO PARTICIPATE)

I hereby authorize the Excel Volleyball Camp/Sports Camps/ Tournament staff to act for me according to their judgment in any emergency requiring medical attention and I hereby waive and release Excel Volleyball/Sports Camps and it's owners and employees from any and all liability stemming from any injuries or illnesses incurred while at camp. I have no knowledge of any physical impairment which would be affected by the above named camper participation in the camp program as outlined. **I understand this camp consists of strenuous physical activity.**

Signature(Parent or Guardian) _____ Date _____

Print Name of Parent Signing _____

Signature of Camp Participant _____ Date _____

Contact information and payment should be made to: **EXCEL VOLLEYBALL CAMPS**
559 NORTH 750 EAST
OREM, UT 84097
Email karen@excelvb.com Website: www.excelvb.com
Office Phone: 801-229-2655, FAX: 801-764-9439, Cell: 801-360-1145