

# EXCEL 2017 VOLLEYBALL 4 DAY TEAM CAMPS

GLENDALE, AZ JULY 19-22  
EL PASO, TX JULY 24-27

**\*\$400 team fee+\$225 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-present
- Coached Glendale Community College to the NJCAA National Volleyball title-2014
- Named NJCAA National Coach of the Year-2014
- Named NJCAA District 2 Coach of the Year-2013
- NAU Assistant Coach 1996-1999
- Head Coach - Mesa Community College 1991-1996
- ASU All-American and Hall of Famer

## 2017 STAFF

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

## GREAT REASONS TO ATTEND

- 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
- Team building activities

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

**POWER-Varsity teams** -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.

**CLASSIC-JV and Frosh teams** -more time spent teaching skills and team movement still in the team setting. Fun team warm ups and yells to enhance team bonding.

We **EXCEL** at improving teams and players to win championships. Get a head start on the competition with 12 hours of team instruction, 12 hours of competition and 4 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 2017 season. A schedule will be designed for your team based on this information. 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 each Division Champion at the end of camp.

## ALL TEAMS CAN BENEFIT FROM TEAM CAMP-VARSITY, JV, AND FROSH.....

## TOURNAMENT PLAY

Tournaments are set up daily. We start with pool play and end with power pool play based on standings. Awards given to Division winners at the end of camp.

## 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 DAILY 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

**\*COST: Watch deadlines to get best deal. Camp cost will be comprised of one team fee plus \$225 per player attending. There is a 12 player minimum and 14 player maximum**

## COST OF CAMP.....

If postmarked	Team Fee	Player Fee
* Feb 15 or before	\$400	\$225
April 1 or before	\$500	\$225
**May 1 or before	\$600	\$225 DUE
After May 15	\$600	\$250

Team fee is non-refundable and will hold your spot at camp. Get it in ASAP, Camps sell out. Individual player fees of \$225 must be postmarked by \*\*May 1 and are not required by the other team fee deadline. All player payments postmarked after May 1, will be subject to a \$25 late fee per player. Prices do not include room and board.

## COACH COMMENTS

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

**Lucinda Nash, retired coach of 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**

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

**Flo Valdez, Franklin High School, El Paso, Texas-setting the standard for volleyball success in the Southwest.**

*Thank you Excel...Tuba City wouldn't be state champions if it weren't for you. Look forward to us coming back each year!*

**Harlan Barlow, Tuba City High School  
2012 Arizona 3A State Champions**

*The Excel camp set 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*

*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.*

**CAMP HOTEL:** Selected for quality and value. Request information for camp hotel from Karen.

**\*\*\*PLEASE NOTE NEW ADDRESS\*\*\*\***

Send checks or PO's payable to:

**EXCEL VOLLEYBALL CAMPS**  
1218 Fort Drive  
Pleasant Grove, UT 84602  
(801)360-1145 cell/office

**EMAIL:** [excelvball@gmail.com](mailto:excelvball@gmail.com)

**WEBSITE:** [www.excelvb.com](http://www.excelvb.com)

**2017 TEAM CAMP REGISTRATION FORM (Must be filled out and sent with team fee to hold space)**

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 \$ \_\_\_\_\_

Check the level of your team is registering for:  Hotel needed  Hotel not needed

- July 19-22 Ironwood High School, Varsity Power Division
- July 19-22 Ironwood High School, JV/Frosh Classic Division
- July 24-27 Franklin High School, Varsity Power Division
- July 24-27 Franklin High School, JV/Frosh Classic Division

I will need the following rooms for my team:

Singles \_\_\_\_\_ Double \_\_\_\_\_ Double/Double \_\_\_\_\_  
I will have a party of \_\_\_\_\_ coaches and \_\_\_\_\_ athletes.

**2017 PLAYER REGISTRATION FORM (Must be filled out and sent with player fee)**

NAME \_\_\_\_\_ SCHOOL \_\_\_\_\_ B-DAY \_\_\_\_\_ GRADE(9/17) \_\_\_\_\_

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**  
1218 Fort Dr.  
Pleasant Grove, UT 84062  
Email [excelvball@gmail.com](mailto:excelvball@gmail.com) Website: [www.excelvb.com](http://www.excelvb.com)  
Office/ Cell: 801-360-1145