

# EXCEL 2010 VOLLEYBALL TEAM CAMP

ALBUQUERQUE, NM JULY 7-10

LAS VEGAS, NV JULY 12-15

GLENDALE, AZ JULY 19-22

EL PASO, TX JULY 26-29

**LESS THAN \$240 PER PLAYER**

## QUALIFIED INSTRUCTORS

### KAREN CURTIS LAMB, CAMP DIRECTOR

- Camp Director 1975-Present
- BYU Head Coach 2002-2005
- An assistant for BYU in 1994-2002
- Assistant Coach for the USA Women's Team 1990-92
- A BYU All-American and Hall of Famer
- Head Coach at Washington State University for three seasons, 1986-88
- Head Coach at the University of Nevada, Las Vegas in 1984 and 1985.
- Coached Central Arizona College to the NJCAA National Volleyball Title in 1983
- Named Collegiate Volleyball Coaches Association National Coach of the Year NJCAA for 1983.

### LISA STUCK, CAMP DIRECTOR

- Head Coach Glendale Community College 1999-2010
- District 2 Coach of the Year (NJCAA)
- NAU Assistant Coach 1996-1999
- Head Coach, Mesa Community College 1991-1996
- ASU All American & Hall of Famer

## 2010 STAFF

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

## SPECIAL FEATURES

- Improve your program from A-Z
- Separate setter training each full day
- There will be an athletic trainer at each camp
- Great volleyball wear at camp store
- Great prizes for yell/skit competition
- Great prizes for tournament winners

## TEAM CAMP IS ALL ABOUT. . .

We've been in the business of improving teams for over 30 years. Get a head start on the competition! This camp involves 12 hours of team instruction, 12 hours of round-robin competition, and 6 hours of instruction by position. Each team will be given one instructor and will stay together as a team through the entire camp. The high school coach will be sent an inquiry sheet as to the information she/he wants the team to learn. Systems of offense and defense, lineups, positions players will be playing for the 2010 season, etc., are some of the questions on the information sheet that will be returned to our office. A schedule will then be designed for your team based on this information. Any involvement by the coach at camp is welcomed, and attendance is encouraged, but not necessary. A tournament champion is awarded at the end of camp. Each team registered in the team camp has one free playing slot in the tournament. We can help you run a successful program—from tryouts to playoff games. Teams beginning to advanced **EXCEL** at camp.

Teams to bring: Varsity Sophomore  
JV Freshmen

## TOURNAMENT PLAY

Each team registered for Excel Team Camp is automatically reserved one playing slot. Another playing slot can be purchased for \$300. Prizes given to winners.

## TEAM BUILDING

### TEAM CAMP SAMPLE SCHEDULE:

9:00-12:00	Team Instruction and Strategy
1:30 -3:30	Individual Position Training Stations: Setters, Middle Hitter/Blocker, Outside Hitter, Defensive Specialist.
3:30-4:00	Warm-up for Tournament
4:00-7:00	Team Tournament Play

Team building, team chemistry, and cooperation is a natural by-product of the camp we run. The yell/skit competition, besides offering lots of laughter and entertainment, provides opportunities for leadership and often brings out talent of team members which may have remained undiscovered and undervalued all year. Our warm up and cool down sessions involve team building and competitive activities. These are opportunities for your team to work together towards a common goal.

## 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, 6-time Arizona 3A State Champions and 5-time runner-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. Over 4 days, 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,  
2008 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*

*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 Manzanares, Rio Rancho High School  
2009 New Mexico State Champions*

## COST: LESS THAN \$240 PER PLAYER

### Cost Breakdown:

\$236 per player if 14 players attend

\$254 per player if 13 players attend

\$275 per player if 12 players attend

Prices do not include room & board.

**\*Coaches call Karen for financial incentives.**

## CAMP HOTELS

These are selected for quality and value. Rates and information provided upon request for Albuquerque, El Paso, Glendale and Las Vegas.

## TEAM CAMP REGISTRATION INFO

- Coaches check mailer and web site for financial incentives.
- Visit our website for ways to pay and ideas to help players to stay committed.
- \$100 discount will be given to teams with entire fee of \$3300 postmarked by April 15th.
- Apply now—space limited. Registration accepted in order received. **Some camps sold out last year.**
- Late applications will be accepted on a space available basis.
- A \$700 non-refundable deposit is due postmarked on or before May 1st.
- Team registration must be mailed together.
- Additional information will be sent upon receipt of registration.
- **Please send one check per team.**

Make checks payable to:  
**EXCEL SPORTS CAMPS**  
559 NORTH 750 EAST  
OREM, UT 84097  
(801) 229-2655  
FAX: (801) 764-9439  
E-mail: karen@excelvb.com  
www.excelvb.com

## 2010 TEAM CAMP REGISTRATION FORM

- My team is registering for team camp. (One team tournament playing slot free.)  
 My team is registering for team camp and we want \_\_\_additional playing slot at \$300.

Coach Name \_\_\_\_\_ School/Club \_\_\_\_\_ Nickname \_\_\_\_\_ Colors \_\_\_\_\_

School Address \_\_\_\_\_ School Phone (\_\_\_\_) \_\_\_\_\_

Home Address \_\_\_\_\_ Home Phone (\_\_\_\_) \_\_\_\_\_

Please indicate address to which return information should be sent:  Home  School Email \_\_\_\_\_

Number of Players Attending \_\_\_\_\_ Level of team \_\_\_\_\_ Amount of money included \_\_\_\_\_

Site Attending

- Albuquerque, Rio Rancho High  
 El Paso, Franklin High  
 Glendale, Ironwood High  
 Las Vegas, Centennial High School

Hotel information:

I will need the following rooms.

\_\_\_\_\_ single \_\_\_\_\_ double \_\_\_\_\_ double double

I will have a party of approximately \_\_\_\_\_ players and \_\_\_\_\_ coaches

## 2010 REGISTRATION FORM (MUST BE FILLED OUT FOR EACH PLAYER)

Name \_\_\_\_\_ Birth date \_\_\_\_\_ Grade (9/10) \_\_\_\_\_

Address \_\_\_\_\_ City \_\_\_\_\_ State \_\_\_\_\_ Zip \_\_\_\_\_

Home Phone (\_\_\_\_) \_\_\_\_\_ Email \_\_\_\_\_

Father's Work Phone (\_\_\_\_) \_\_\_\_\_ Mother's Work Phone (\_\_\_\_) \_\_\_\_\_

Person to Call in Case of Emergency \_\_\_\_\_ Work Phone (\_\_\_\_) \_\_\_\_\_ Home Phone (\_\_\_\_) \_\_\_\_\_

School Name \_\_\_\_\_ Club Name \_\_\_\_\_

Insurance Policy \_\_\_\_\_ Subscriber No. \_\_\_\_\_

Group No. \_\_\_\_\_ Subscriber Employer \_\_\_\_\_

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

## PARENT PERMISSION FORM (MUST BE FILLED OUT FOR EACH PLAYER)

I hereby authorize the Excel Camp/Tournament staff to act for me according to their judgement in any emergency requiring medical attention and I hereby waive and release Excel Sports Camps, and its 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 campers participation in the camp program as outlined. I understand this camp consists of strenuous physical activity.

Signature (Parent or Guardian if under 18) \_\_\_\_\_ Date \_\_\_\_\_

Make checks payable to:

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