



Lava West 17 Adidas won Bronze at the SCVA's Las Vegas Classic in February of 2018.

Summer Offerings Girls Indoor Volleyball @ LAVA WEST VBC



LAVA WEST = COMPETITIVE EXCELLENCE

LAVA West has brought new meaning to the term competitive excellence in the Conejo Valley. Since our inception in 2012, our teams have won **four gold medals and six bronze medals in national competitions, earned nine qualification bids to Junior Nationals, procured sixteen national tournament Top Five finishes**, and been a consistent presence in the upper echelons of the Gold Division in the Southern California region across multiple age divisions – including three teams in Division One in 2018 - by wide margin outdistancing all of 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 free from school politics, deal-making, financial pressure, etc—an environment where athletes/coaches are given every opportunity to perform at their best and achieve their goals.



WEEK-LONG CAMP OFFERINGS (SUMMER)

Lava West offers three week-long summer camps. Each camp runs Mon-Thurs @ Colina and each will have its own unique vibe. Each player gets a shirt. Pizza party on final day. Courts groups by skill/age.

- Camp #01** ... Lead Coach: Trevor Julian • June 18-21 • \$175
... Mon-Thurs 9:30a-12:00p • Rising Grades 04-09
- Camp #02** ... Lead Coach: Trevor Julian • July 09-12 • \$175
... Mon-Thurs 9:30a-12:00p • Rising Grades 04-09
- Camp #03** ... Lead Coach: Eric Taylor • July 16-19 • \$175
... Mon-Thurs 9:30a-12:00p • Rising Grades 04-09

Location Details

Thousand Oaks Teen Center (TC), 1375 E. Janss Rd, Thou Oaks
Redwood Middle School (RMS), 233 Gainsborough Rd, Thou Oaks
Colina Middle School (CMS), 1500 Hillcrest Drive, Thou Oaks

Have Questions? Contact our Director Trevor Julian!

(email) trevorjulian@gmail.com (cell) 818-631-7785



PROGRAM OFFERINGS (SEASONAL)

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

Our popular Lite Program gives a taste of volleyball in a friendly environment; basic skills and fun! Full session or choose specific days. Sign up: lava-girls.com/west-lite.

Lava Lite ... Girls Rising Grades 03-05 ... Mondays @ Colina MS
Beg/Int 530p-700p • Advanced 700p-830p • June 04 – Aug 27 (10 prax) • \$175
Free Practice Days in May • No Cost to Participate • May 07 & May 14 • 530p-700p

Sixth Grade Series ... For Int/Adv Rising 6th Grade Girls

The Sixth Series is for girls who expect to play club volleyball on a team that competes next season (tryouts early Oct) and want to prepare. Sign up: lava-girls.com/west-sixth-series.

6th Grade Series ... Girls Rising Grade 06 Only ... Wednesdays @ Colina MS
Session #1 - Jun 13 – Aug 08 (8 prax - \$140) • Session #2 – Aug 22 – Oct 10 (8 prax - \$140)
Intermediate/Beg Group - 530p-700p • Advanced Group - 700p-830p

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

Lava Juniors is the next step up from Lite, with more game-like play plus lots of skills training. Full session or choose specific days. Sign up: lava-girls.com/juniors-west.

Lava Juniors ... Girls Rising Grades 07-09 ... Sundays 4:00p-5:30p @ Colina MS
#Crt 01 – Beg/Int • #Crt 02 – Int/Adv • June 03 – Aug 19 (10 prax) • \$175

*Rising Grade = Player's Grade Level for 2018-2019 School Year

SUMMER-SPECIFIC OFFERINGS

Bi-Weekly Workshops ... For Rising Grades 07-10

Bi-Weekly Workshops cover a range of skills with new drills each week.
Tues & Wed, 530p-700p @ Colina MS. Cost is \$30. For girls grades 07-10.
#1 - Tue 7/10 & Wed 7/11 ... #2 - Tue 7/17 & Wed 7/18 ... #3 - Tue 7/24 & Wed 7/25
#4 - Tue 8/7 & Wed 8/8 ... #5 - Tue 8/21 & Wed 8/22 ... #6 - Tue 8/28 & Wed 8/29

Beach Volleyball for Indoor Players ... For Rising Grades 06-09

Training for indoor athletes looking to further overall vb skills with quality beach vb play. Runs on Beach Court #1 at Conejo Creek North Park (behind Teen Center).
Intermediate Players Only • Thursdays 4:00p-5:30p • 7/12-8/30 (8 prax) • \$120

High School Open Gyms ... For Rising Grades 09-12

High school open gym dates listed below. Multiple courts group by experience level, intermediate/advanced players only. All dates at Colina. No charge to participate.
Sun July 15 530p-7p @ Colina ... Sun July 22 530p-7p @ Colina

SIGN UP ONLINE @ LAVA-GIRLS.COM/SUMMER-WEST

Pre-Tryout Clinics @ LAVA West

July/August 2018 — Grades 9-12 ... Sept/Oct 2018 — Grades 3-8

LAVA West offers Pre-Tryout Clinics to hone skills leading up to tryouts, first in July/August for 15's-18's and then Sept/Oct for 11's-14's. It is highly recommended that prospective athletes attend these clinics. For clinic details and to sign up online, visit lava-girls.com/pre-tryout-clinics-west.

15's-18's Club Tryouts ... August 04 (Saturday)

Tryouts for Full & Limited Travel Teams @ LAVA West

LAVA West offers full travel and limited travel club team options for girls age 10-18. Tryouts for girls grades 9-12 (15's-18's age divisions) opens on **Saturday, August 04** (season runs Dec-Jun). Info and pre-registration: lava-girls.com/tryouts. Note: 11's-14's age division tryouts open on October 06 (girls grades 4-8, season runs Nov-Jun).