

SUMMER PROGRAMS

@ LAVA WEST VOLLEYBALL CLUB (GIRLS)

CAMPS, YOUTH CLASSES, CLINICS & WORKSHOPS



LAVA WEST VOLLEYBALL CLUB
THOUSAND OAKS, CA

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LAVACADEMY.COM/SUMMER-LAVA-WEST



@lavacademy
@lavawest

2021



ABOUT LAVA WEST

Based in Thousand Oaks, LAVA West Volleyball Club for Girls has grown to become the dominant and undisputed premier club of the Conejo Valley — and Ventura County — since its inception in 2011, with a vast array of successes both regionally and nationally that widely outdistance all area competitors. The medals listed above highlight just some of our national successes.

LAVA West fields more than a dozen girls travel teams annually across multiple age divisions. Our athletes come from many different communities: the Conejo Valley, the San Fernando Valley, Santa Barbara to Simi Valley, Moorpark to Malibu, Calabasas to Santa Clarita, Woodland Hills to West Los Angeles, and all areas of greater Ventura County, even Ojai.

The Club Director for LAVA West is highly respected long-time girls club coach Trevor Julian. Contact Trevor via email at trevorjulian@gmail.com ([click here](#)) or call him at 818-631-7785. Read his bio online [here](#).

SUMMER DETAILS

Lava West is pleased to offer an exciting array of camps, clinics, workshops, and youth classes for summer of 2021. Our summer programs are open to female athletes in elementary school, middle school or high school. [Click here](#) for more info.

Summer offerings are open to any and all athletes, including athletes who played for other clubs last season. Director Trevor Julian oversees many of the camps and workshops himself, along with the exceptional Lava West coaching staff. We encourage you to read more about our coaches at lavacademy.com/lava-west-coaches.

ATHLETIC SOCIETY & LOCATIONS

Lava West is based in Thousand Oaks. We utilize a handful of facilities, all of which are a short distance from the 101/23 freeway interchange. Our primary facility for Summer 2021 and beyond is the Athletic Society, a high-end membership-based fitness facility with two hardwood floor volleyball/basketball courts, pool, recovery center, top-tier workout space, and much more. During the club season, athletes on LAVA West national travel teams have included membership and can utilize the facilities. LAVA parents also get the benefit of discounted monthly membership. Athletic Society is located at 2400 Willow Lane, Thousand Oaks.

WHAT AGE GROUP TO SIGN UP FOR & WHAT DOES “RISING” MEAN

We classify programs in one of two ways: by grade or age division. “Rising” means the grade of the athlete for the upcoming school year, so when you see school grade in this program guide, it should be the Rising grade – in other words, the grade they are going into next school year (2021-2022), not their current one. When age division is used, please refer to the following guidelines:

18's is 12th graders (born after July 01, 2002 eligible)
 17's is 11th graders (born after July 01, 2004 eligible)
 16's is 10th graders (born after July 01, 2005 eligible)
 15's is 9th graders (born after July 01, 2006 eligible)

14's is 8th graders (born after July 01, 2007 eligible)
 13's is 7th graders (born after July 01, 2008 eligible)
 12's is 6th graders (born after July 01, 2009 eligible)
 11's is 4th/5th graders (born after July 01, 2010 eligible)

Health Protocols @ Lava West ... Lava West employs health protocols that have proven immensely successful during the pandemic. We are committed to hosting programs that are as effective competitively for our athletes as they are safe for our athletes. If you have questions regarding our covid protocols, please reach out to our Director.

FOR RISING 3RD-5TH GRADE GIRLS

Offerings for girls in the “rising” 3rd-5th grades. Rising means the athlete’s listed grade should be for the upcoming school year (2021-2022). If you have questions about whether your daughter is beginner, intermediate, or advanced, please contact our Director Trevor Julian at trevorjulian@gmail.com or via cell phone at 818-631-7785.

YOUTH ‘LITE’ PROGRAM

Age Range: 3rd-5th Grade Girls

Cost: \$98 per Player per Session (8 practices)

Skill Level: Beginner and Intermediate Players

Our popular Youth Lite Program at Lava West is recognized as an exemplary development space for elementary school athletes, an important first step for girls into the sport of volleyball mixing quality skills work with fun competitive games.

The program runs on two courts on Tuesdays, 4:30p-5:45p, at 2400 Willow Lane, Thousand Oaks (Athletic Society), with a July Session (July 06-July 29) and an August Session (Aug 03-Aug 26). The focus is on correct volleyball fundamentals and movement patterns with lots of quality repetition, and emphasis on passing, setting, hitting, and serving. To sign up for our June Special, [click here](#).

- **July Session** **Tues & Thurs** **4:30p-5:45p** **July 06-July 29 (8 practices)** **\$98** **>> Sign Up for July**
- **August Session** **Tues & Thurs** **4:30p-5:45p** **Aug 03-Aug 26 (8 practices)** **\$98** **>> Sign Up for Aug**

ADVANCED ‘LITE’

Age Range: 4th-5th Grade Girls

Cost: \$98 per Player per Session (8 practices)

Skill Level: Intermediate and Advanced Players

The Advanced Lite is for athletes with a little more experience or technical development, often who have been involved with our Youth Lite for a few sessions. In July and August, the Advanced Lite will run concurrently with the Lite on Tuesdays and Thursdays, but will have specific intervals where more advanced skills are taught and more advanced competition provided. Sometimes the group will be incorporated with the rest of the Lite, sometimes separated.

The program runs on two courts on Tuesdays, 4:30p-5:45p, at 2400 Willow Lane, Thousand Oaks (Athletic Society), with a July Session (July 06-July 29) and an August Session (Aug 03-Aug 26). The focus is on correct volleyball fundamentals and movement patterns with lots of quality repetition, and emphasis on passing, setting, hitting, and serving. To sign up for our June Special, [click here](#).

- **July Session** **Tues & Thurs** **4:30p-5:45p** **July 06-July 29 (8 practices)** **\$98** **>> Sign Up for July**
- **August Session** **Tues & Thurs** **4:30p-5:45p** **Aug 03-Aug 26 (8 practices)** **\$98** **>> Sign Up for Aug**

SUMMER CAMPS

Age Range: 3rd-6th Grade Girls ... Youth = “Y”

Cost: \$148 per Player per Camp

Skill Level: Beginner, Intermediate and Advanced Players

We offer a series of multi-day indoor volleyball camps for girls in the rising 3rd-6th grades. Each camp runs Monday-Thursday either in a morning wave (9:30a-12:00p) or afternoon wave (12:30p-3:00p). Camps are broken down by skill and experience so please select the option best suited for your daughter (Beg/Int or Int/Adv). Each camp will have its own unique vibe and all camps are head coached by our exceptional coaching staff. All camps are held at 2400 Willow Lane, Thousand Oaks (Athletic Society). Max 32 participants.

- **Camp #Y1** **Beg/Int 3rd-6th** **6/21-6/24** **9:30a-12:00p** **\$148** **>> Sign Up for Camp #Y1 Beg/Int 3-6**
- **Camp #Y2** **Advanced 4th-6th** **6/21-6/24** **12:30p-3:00p** **\$148** **>> Sign Up for Camp #Y2 Adv 4-6**
- **Camp #Y3** **Beg/Int 3rd-6th** **7/05-7/08** **9:30a-12:00p** **\$148** **>> Sign Up for Camp #Y3 Beg/Int 3-6**
- **Camp #Y4** **Advanced 4th-6th** **7/12-7/15** **12:30p-3:00p** **\$148** **>> Sign Up for Camp #Y4 Adv 4-6**
- **Camp #Y5** **Beg/Int 3rd-6th** **7/19-7/22** **9:30a-12:00p** **\$148** **>> Sign Up for Camp #Y5 Beg/Int 3-6**
- **Camp #Y6** **Advanced 4th-6th** **7/26-6/29** **12:30p-3:00p** **\$148** **>> Sign Up for Camp #Y6 Adv 4-6**

FOR RISING 6TH GRADE GIRLS

Offerings for girls in the “rising” 6th grade. Rising means the athlete’s listed grade should be for the upcoming school year (2021-2022). If you have questions about whether your daughter is beginner, intermediate, or advanced, please contact our Director Trevor Julian at trevorjulian@gmail.com or via cell phone at 818-631-7785.

Highly advanced 6th grade athletes wanting to play club volleyball next season should contact our Director immediately.

SIXTH GRADE SERIES

Age Range: 6th Grade Girls

Cost: \$98 per Player per Session

Skill Level: Beginner, Intermediate and Advanced Players

The Sixth Grade Series at Lava West, reserved for rising 6th graders only, is a popular training program for rising sixth graders wanting to: prepare their skills for their first middle school volleyball season in the fall; prepare their skills for the upcoming club volleyball season starting with tryouts in October; simply because they have a passion for the sport; or better yet all three!

The program runs on one court on Mondays and Wednesdays, 4:30p-5:45p, at 2400 Willow Lane, Thousand Oaks (Athletic Society), with a July Session (July 05-July 28) and an August Session (Aug 02-Aug 25). The focus is on correct volleyball fundamentals and movement patterns with lots of quality repetition, and emphasis on passing, setting, hitting, and serving.

- **July Session** **Mon & Wed** **4:30p-5:45p** **July 05-July 28 (8 practices)** **\$98** **>> Sign Up for July**
- **August Session** **Mon & Wed** **4:30p-5:45p** **Aug 02-Aug 25 (8 practices)** **\$98** **>> Sign Up for Aug**

YOUTH ‘LITE’ PROGRAM

Age Range: 3rd-6th Grade Girls

Cost: \$98 per Player per Session (8 practices)

Skill Level: Beginner, Intermediate and Advanced Players

The Youth Lite Program is also open to sixth grade girls with Director approval. The Lite Program is the start of the journey for many youth athletes where skill development and game-like play combine for fun, effective training. Some 6th graders might feel comfortable starting here instead of the 6th Grade Series. Please contact our Director to see if this program might work for you.

The Lite and Advanced Lite run together on two courts on Tuesdays and Thursdays, 4:30p-5:45p, at 2400 Willow Lane, Thousand Oaks (Athletic Society), with a July Session (July 06-July 29) and an August Session (Aug 03-Aug 26). The focus is on correct volleyball fundamentals and movement patterns with lots of quality repetition, and emphasis on passing, setting, hitting, and serving.

- **July Session** **Tues & Thurs** **4:30p-5:45p** **July 06-July 29 (8 practices)** **\$98** **>> Sign Up for July**
- **August Session** **Tues & Thurs** **4:30p-5:45p** **Aug 03-Aug 26 (8 practices)** **\$98** **>> Sign Up for Aug**

SUMMER CAMPS

Age Range: 6th Grade Girls ... Youth = “Y”

Cost: \$148 per Player per Camp

Skill Level: Beginner, Intermediate and Advanced Players

We offer a series of multi-day indoor volleyball camps for girls in the rising 6th grades. Each camp runs Monday-Thursday either in a morning wave (9:30a-12:00p) or afternoon wave (12:30p-3:00p). Camps are broken down by skill and experience so please select the option best suited for your daughter (Beg/Int or Int/Adv). Each camp will have its own unique vibe and all camps are head coached by our exceptional coaching staff. All camps are held at 2400 Willow Lane, Thousand Oaks (Athletic Society). Max 32 participants.

- **Camp #Y1** **Beg/Int 3rd-6th** **6/21-6/24** **9:30a-12:00p** **\$148** **>> Sign Up for Camp #Y1 Beg/Int 3-6**
- **Camp #Y2** **Advanced 4th-6th** **6/21-6/24** **12:30p-3:00p** **\$148** **>> Sign Up for Camp #Y2 Adv 4-6**
- **Camp #Y3** **Beg/Int 3rd-6th** **7/05-7/08** **9:30a-12:00p** **\$148** **>> Sign Up for Camp #Y3 Beg/Int 3-6**
- **Camp #Y4** **Advanced 4th-6th** **7/12-7/15** **12:30p-3:00p** **\$148** **>> Sign Up for Camp #Y4 Adv 4-6**
- **Camp #Y5** **Beg/Int 3rd-6th** **7/19-7/22** **9:30a-12:00p** **\$148** **>> Sign Up for Camp #Y5 Beg/Int 3-6**
- **Camp #Y6** **Advanced 4th-6th** **7/26-6/29** **12:30p-3:00p** **\$148** **>> Sign Up for Camp #Y6 Adv 4-6**

FOR RISING 7TH-8TH GRADE GIRLS

Offerings for girls in the “rising” 7th-8th grades. Rising means the athlete’s listed grade should be for the upcoming school year (2021-2022). If you have questions about whether your daughter is beginner, intermediate, or advanced, please contact our Director Trevor Julian at trevorjulian@gmail.com or via cell phone at 818-631-7785.

Highly advanced 7th-8th grade athletes wanting to play club volleyball next season should contact our Director immediately.

JUNIORS PROGRAM

Age Range: *Rising 7th-8th Grade Girls*

Cost: *\$78 per Player*

Skill Level: *Beginner and Intermediate Players*

The Juniors is our popular non-travel training program for middle school athletes, mixing skills development with fun competitive games. Juniors athletes are looking to build their skills to prepare a transition to club volleyball or to make their middle school volleyball team, or out of simple love of volleyball, or most often all three! Summer session is 6 practices, July 10-Aug 21 (no 7/24).

- Juniors @ Lava West Rising 7th-8th Graders 7/10-8/21 Saturdays 1:00p-2:15p \$78 (6 practices) >> [Sign Up for Juniors](#)

BI-WEEKLY WORKSHOPS

Age Range: *Rising 7th-8th Grade Girls*

Cost: *\$35 per Player per Workshop (Online)*

Skill Level: *Intermediate & Advanced Players*

\$40 per Player per Workshop (Walk-In)

Bi-Weekly Workshops are two-day workshops covering a range of skills. Each workshop is held two days in the same week, allowing flexibility for families to choose the weeks that work for them in a busy summer schedule. The workshops are half-skills training, half game-like play. No two workshops will be exactly alike. Each weekly workshop is a stand-alone workshop split over two days.

Bi-Weekly Workshops run on one court Mondays and Wednesdays, 6:00p-7:15p (7th graders) and 7:30p-8:45p (8th graders), at 2400 Willow Lane, Thousand Oaks (Athletic Society). Rotating focus on passing, setting, hitting, serving, ball control, or individual defense.

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|---------------------|-------------|-------------|-------------|------|--------------------------------------------------|
| • Bi-Weekly 7th-#01 | 7th Graders | 7/05 & 7/07 | 6:00p-7:15p | \$35 | >> Sign Up for Bi-Weekly 7th-#01 |
| • Bi-Weekly 7th-#02 | 7th Graders | 7/12 & 7/14 | 6:00p-7:15p | \$35 | >> Sign Up for Bi-Weekly 7th-#02 |
| • Bi-Weekly 7th-#03 | 7th Graders | 7/19 & 7/21 | 6:00p-7:15p | \$35 | >> Sign Up for Bi-Weekly 7th-#03 |
| • Bi-Weekly 7th-#04 | 7th Graders | 7/26 & 7/28 | 6:00p-7:15p | \$35 | >> Sign Up for Bi-Weekly 7th-#04 |
| • Bi-Weekly 7th-#05 | 7th Graders | 8/02 & 8/04 | 6:00p-7:15p | \$35 | >> Sign Up for Bi-Weekly 7th-#05 |
| • Bi-Weekly 7th-#06 | 7th Graders | 8/09 & 8/11 | 6:00p-7:15p | \$35 | >> Sign Up for Bi-Weekly 7th-#06 |
| • Bi-Weekly 7th-#07 | 7th Graders | 8/16 & 8/18 | 6:00p-7:15p | \$35 | >> Sign Up for Bi-Weekly 7th-#07 |
| • Bi-Weekly 7th-#08 | 7th Graders | 8/23 & 8/25 | 6:00p-7:15p | \$35 | >> Sign Up for Bi-Weekly 7th-#08 |
| • Bi-Weekly 8th-#01 | 8th Graders | 7/05 & 7/07 | 7:30p-8:45p | \$35 | >> Sign Up for Bi-Weekly 8th-#01 |
| • Bi-Weekly 8th-#02 | 8th Graders | 7/12 & 7/14 | 7:30p-8:45p | \$35 | >> Sign Up for Bi-Weekly 8th-#02 |
| • Bi-Weekly 8th-#03 | 8th Graders | 7/19 & 7/21 | 7:30p-8:45p | \$35 | >> Sign Up for Bi-Weekly 8th-#03 |
| • Bi-Weekly 8th-#04 | 8th Graders | 7/26 & 7/28 | 7:30p-8:45p | \$35 | >> Sign Up for Bi-Weekly 8th-#04 |
| • Bi-Weekly 8th-#05 | 8th Graders | 8/02 & 8/04 | 7:30p-8:45p | \$35 | >> Sign Up for Bi-Weekly 8th-#05 |
| • Bi-Weekly 8th-#06 | 8th Graders | 8/09 & 8/11 | 7:30p-8:45p | \$35 | >> Sign Up for Bi-Weekly 8th-#06 |
| • Bi-Weekly 8th-#07 | 8th Graders | 8/16 & 8/18 | 7:30p-8:45p | \$35 | >> Sign Up for Bi-Weekly 8th-#07 |
| • Bi-Weekly 8th-#08 | 8th Graders | 8/23 & 8/25 | 7:30p-8:45p | \$35 | >> Sign Up for Bi-Weekly 8th-#08 |

SUMMER CAMPS

Age Range: *Rising 7th-8th Grade Girls*

Cost: *\$148 per Player per Camp*

Skill Level: *Beginner, Intermediate and/or Advanced Players*

We offer a series of multi-day indoor volleyball camps for girls in the rising 7th-8th grades. Each camp runs Monday-Thursday either in a morning wave (9:30a-12:00p) or afternoon wave (12:30p-3:00p). Camps are broken down by skill and experience so please select the option best suited for your daughter (Beg/Int or Int/Adv). Each camp will have its own unique vibe and all camps are head coached by our exceptional coaching staff. All camps are held at 2400 Willow Lane, Thousand Oaks (Athletic Society). Max 32 participants.

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|------------|-----------------|-----------|--------------|-------|-----------------------------------------------------|
| • Camp #M1 | Int/Adv 7th-8th | 6/14-6/17 | 9:30a-12:00p | \$148 | >> Sign Up for Camp #01 Int/Adv 7-8 |
| • Camp #M2 | Beg/Int 7th-8th | 7/05-7/08 | 12:30p-3:00p | \$148 | >> Sign Up for Camp #02 Beg/Int 7-8 |
| • Camp #M3 | Int/Adv 7th-8th | 7/12-7/15 | 12:30p-3:00p | \$148 | >> Sign Up for Camp #03 Int/Adv 7-8 |
| • Camp #M4 | Beg/Int 7th-8th | 7/19-7/22 | 12:30p-3:00p | \$148 | >> Sign Up for Camp #04 Beg/Int 7-8 |
| • Camp #M5 | Int/Adv 7th-8th | 8/02-7/05 | 9:30a-12:00p | \$148 | >> Sign Up for Camp #05 Int/Adv 7-8 |

FOR 9TH-12TH GRADE GIRLS

Offerings for girls in the “rising” 9th-12th grades. Rising means the athlete’s listed grade should be for the upcoming school year (2021-2022). If you have questions about whether your daughter is beginner, intermediate, or advanced, please contact our Director Trevor Julian at trevorjulian@gmail.com or via cell phone at 818-631-7785.

Highly advanced 9th-12th grade athletes wanting to play club volleyball next season should contact our Director immediately. The below programs are for Intermediate and Advanced players only. The level will be too high for Beginners.

JUNE SHOWCASE CLINIC with DIRECTOR TREVOR JULIAN

Age Range: 9th-12th Grade Girls *Cost:* \$20 per Player per Clinic (Online or Walk-In)
Skill Level: Intermediate and Advanced Players

The June Showcase is a stand-alone clinic held on June 13, head coached by Lava West Director Trevor Julian. It is reserved for non-LAVA intermediate to advanced athletes interested in playing for Lava West for the coming club season. Come see what Lava West is all about. The Showcase will be held on Sun June 13 from 5:15p-6:45p (9th-10th graders) and 5:15p-6:45p (9th-10th graders) at 2400 Willow Lane, Thousand Oaks (Athletic Society).

- **June Showcase** 9th-10th Graders 6/13 5:00p-6:15p \$20 >> [Sign Up for Showcase Clinic 9-10](#)
- **June Showcase** 11th-12th Graders 6/13 6:30p-6:45p \$20 >> [Sign Up for Showcase Clinic 11-12](#)

HIGH SCHOOL PREP & PRE-TRYOUT CLINICS

Age Range: 9th-12th Grade Girls *Cost:* \$10 per Player per Clinic (Online or Walk-In)
Skill Level: Intermediate and Advanced Players

The High School Prep & Pre-Tryout Clinic Series is for rising high school athletes (9th-12th graders) to prep for both the upcoming high school season (starts mid-to-late July, depending on the school) and the upcoming Club Tryouts (Sat July 24).

These clinics are for experienced players who are interested in playing at LAVA West for the coming club season, who also want extra reps to prepare for the high school season and/or club tryouts. All athletes with significant interest in playing for LAVA West should contact our Director Trevor Julian at trevorjulian@gmail.com or 818-631-7785.

- **PTC #01-9th/10th** 9th-10th Graders Tues 7/06 6:00p-7:15p \$10 >> [Sign Up for PTC #01-9/10](#)
- **PTC #01-11th/12th** 11th-12th Graders Tues 7/06 7:30p-8:45p \$10 >> [Sign Up for PTC #01-11/12](#)
- **PTC #02-9th/10th** 9th-10th Graders Thurs 7/08 6:00p-7:15p \$10 >> [Sign Up for PTC #02-9/10](#)
- **PTC #02-11th/12th** 11th-12th Graders Thurs 7/08 7:30p-8:45p \$10 >> [Sign Up for PTC #02-11/12](#)
- **PTC #03-9th/10th** 9th-10th Graders Tues 7/13 6:00p-7:15p \$10 >> [Sign Up for PTC #03-9/10](#)
- **PTC #03-11th/12th** 11th-12th Graders Tues 7/13 7:30p-8:45p \$10 >> [Sign Up for PTC #03-11/12](#)
- **PTC #04-9th/10th** 9th-10th Graders Thurs 7/15 6:00p-7:15p \$10 >> [Sign Up for PTC #04-9/10](#)
- **PTC #04-11th/12th** 11th-12th Graders Thurs 7/15 7:30p-8:45p \$10 >> [Sign Up for PTC #04-11/12](#)
- **PTC #05-9th/10th** 9th-10th Graders Tues 7/20 6:00p-7:15p \$10 >> [Sign Up for PTC #05-9/10](#)
- **PTC #05-11th/12th** 11th-12th Graders Tues 7/20 7:30p-8:45p \$10 >> [Sign Up for PTC #05-11/12](#)
- **PTC #06-9th/10th** 9th-10th Graders Thurs 7/22 6:00p-7:15p \$10 >> [Sign Up for PTC #06-9/10](#)
- **PTC #06-11th/12th** 11th-12th Graders Thurs 7/22 7:30p-8:45p \$10 >> [Sign Up for PTC #06-11/12](#)

CLUB TRYOUTS @ LAVA WEST – SAT JULY 24, 2021 (15’s-18’s)

Age Range: 4th-12th Grade Girls *Cost:* \$25 per Player to Tryout (\$30 for Walk-Ins)
Skill Level: Beginner, Intermediate and/or Advanced Players **Early Bird \$20 Register Before June 01*

Club Tryouts for the upcoming club season for high school aged athletes (9th-12th graders) is on Saturday, July 24 (tryouts are Sat Oct 02 for 4th-8th graders). More info on tryouts at lavacademy.com/tryouts-lava-west. Pre-register online below and we’ll see you in the gym!

- **Club Tryouts** 9th-12th Graders 7/24 Time TBD By Age Group \$25* >> [Pre-Register Online 9th-12th](#)
- **Club Tryouts** 4th-8th Graders 10/02 Time TBD By Age Group \$25* >> [Pre-Register Online 4th-8th](#)