

# SUMMER PROGRAMS

**@ LAVA WEST VOLLEYBALL CLUB (GIRLS)**

**CAMPS, YOUTH CLASSES, CLINICS & WORKSHOPS**



LAVA WEST VOLLEYBALL CLUB  
THOUSAND OAKS, CA

TREVOR JULIAN – DIRECTOR  
(EMAIL) [TREVORJULIAN@GMAIL.COM](mailto:TREVORJULIAN@GMAIL.COM)  
(CELL) 818-631-7785

[LAVACADEMY.COM/SUMMER-LAVA-WEST](http://LAVACADEMY.COM/SUMMER-LAVA-WEST)



[@lavacademy](https://www.instagram.com/lavacademy)  
[@lavawest](https://www.instagram.com/lavawest)

# 2023



## 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.

For the 2022-2023 club season, LAVA West fielded a record-breaking thirty-two girls travel teams annually across multiple age divisions. Our athletes come from many different communities: Conejo Valley, 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.

The Club Director for LAVA West is highly respected long-time girls club coach Trevor Julian. Contact Trevor via email at [trevorjulian@gmail.com](mailto: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 2023. 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](http://lavacademy.com/lava-west-coaches).

## OUR PRIMARY LOCATIONS: LAVA HQ & MOMENTUM

Lava West is based in Thousand Oaks. We utilize a handful of facilities, all a short distance from the 101/23 freeway interchange. Our primary facility is Lava West Headquarters (Lava HQ) at 2360 Townsgate Road, Thousand Oaks, our own exclusive two-court facility with a slew of amenities. We also utilize Momentum at 2400 Willow Lane, Thousand Oaks, with two spacious hardwood floor volleyball courts (an excellent facility, formerly known as Athletic Society, which the new owners are turning into a health and wellness center).

## 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 (2023-2024), not their current one. When age division is used, please refer to the following guidelines:

18's is 12th graders (born after July 01, 2004 eligible)  
17's is 11th graders (born after July 01, 2006 eligible)  
16's is 10th graders (born after July 01, 2007 eligible)  
15's is 9th graders (born after July 01, 2008 eligible)

14's is 8th graders (born after July 01, 2009 eligible)  
13's is 7th graders (born after July 01, 2010 eligible)  
12's is 6th graders (born after July 01, 2011 eligible)  
11's is 4<sup>th</sup>/5th graders (born after July 01, 2012 eligible)

We are excited for the programs we have planned for this summer and we'll see you in the gym!

## FOR RISING 3RD-5TH GRADE GIRLS

Programs on this page are for girls in the 'Rising' 3rd-5th grades (still in elementary school). **Rising** means the athlete's listed grade should be for the upcoming school year (**2023-2024**). If you have questions about whether your daughter is beginner, intermediate, or advanced, please contact our Director Trevor Julian at [trevorjulian@gmail.com](mailto:trevorjulian@gmail.com) or via cell phone at 818-631-7785.

**SIGN UP ONLINE @ [LAVACADEMY.COM/SUMMER-LAVA-WEST](https://lavadacademy.com/summer-lava-west) ... [CLICK HERE](#)**

### YOUTH 'LITE' PROGRAM

**Age Range:** Rising 3rd-5th Grade Girls  
**Skill Level:** Beginner/Intermediate & Advanced Players  
**Location:** Lava HQ – 2360 Townsgate Road, Thousand Oaks

Our hugely 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 skills work focus is on correct fundamentals and movement patterns with lots of quality repetition, and emphasis on passing, setting, hitting, and overall ball control. The competitive game focus is on over-the-net game-like play with basic volleyball concepts, court awareness, and having fun! We have three sessions upcoming for Summer 2023:

• <b>June Session</b>	<b>Tuesdays Only @ Lava HQ</b>	<b>May 30-June 27 (5 practices)</b>	<b>\$98</b>
• <b>July Session</b>	<b>Tuesdays &amp; Thursdays @ HQ</b>	<b>July 11-Aug 03 (8 practices)</b>	<b>\$158</b>
• <b>August Session</b>	<b>Tuesdays &amp; Thursdays @ HQ</b>	<b>Aug 08-Aug 31 (8 practices)</b>	<b>\$158</b>

We offer two distinct class groupings with a max of sixteen (16) players per session.

• <b>Group #1 - Youth Lite</b>	<b>Beginner/Intermediate</b>	<b>4:30p-5:45p @ Lava HQ</b>
• <b>Group #2 - Lite Plus</b>	<b>Advanced/High Advanced</b>	<b>6:00p-7:15p @ Lava HQ</b>

We recommend 3rd and 4th graders sign up for the Beg/Int group. 5th graders with little previous experience should also sign up for Beg/Int. If you have a question about skill level placement, please contact our Director Trevor Julian at (818) 631-7785 or via email at [trevorjulian@gmail.com](mailto:trevorjulian@gmail.com).



### SUMMER CAMPS

**Age Range:** Rising 3rd-5th Grade (Girls and Boys)  
**Skill Level:** Beginner, Intermediate and Advanced Players  
**Location:** Lava HQ – 2360 Townsgate Road, Thousand Oaks

We offer several multi-day indoor volleyball camps for girls in the rising 3rd-5th grades. Each camp has its own specific set of dates and its own unique vibe.

The skills focus and fun games play mirrors the Youth Lite Program, but with more depth due to lots of gym hours in a consolidated period of days. We have space for a maximum of 32 athletes per camp session (two courts, often but not always separated by skill level).

All camps are run out of LAVA HQ, 2360 Townsgate Road, Thousand Oaks. More details below:

• <b>Camp #01 - 3rd-5th Grade</b>	<b>Beg/Int/Adv</b>	<b>4 Days (Tues-Fri)</b>	<b>June 20-23</b>	<b>9:30a-12:00p @ HQ</b>	<b>\$198</b>
• <b>Camp #02 - 3rd-5th Grade</b>	<b>Beg/Int/Adv</b>	<b>3 Days (M/W/F)</b>	<b>July 10, 12, 14</b>	<b>9:30a-12:00p @ HQ</b>	<b>\$148</b>
• <b>Camp #03 - 3rd-5th Grade</b>	<b>Beg/Int/Adv</b>	<b>3 Days (M/W/F)</b>	<b>July 17, 19, 21</b>	<b>9:30a-12:00p @ HQ</b>	<b>\$148</b>
• <b>Camp #04 - 3rd-5th Grade</b>	<b>Beg/Int/Adv</b>	<b>3 Days (M/W/F)</b>	<b>July 24, 26, 28</b>	<b>9:30a-12:00p @ HQ</b>	<b>\$148</b>

*\*For programs for 6th-12th graders, turn the page and keep reading!*



## FOR RISING 6TH GRADE GIRLS

Programs on this page are for girls going into 6th grade in the next school year ('rising' 6<sup>th</sup> grade). **Rising** means the athlete's listed grade should be for the upcoming school year (2023-2024). If you have questions about whether your daughter is beginner, intermediate, or advanced, please contact our Director Trevor Julian at [trevorjulian@gmail.com](mailto:trevorjulian@gmail.com) or via cell phone at 818-631-7785.

[SIGN UP ONLINE @ LAVACADEMY.COM/SUMMER-LAVA-WEST ... CLICK HERE](https://lavacademy.com/summer-lava-west)

### SIXTH GRADE SERIES – BEGINNER/ INTERMEDIATE/ADVANCED (JUNE-AUG)

**Age Range:** *Rising 6th Grade Girls Only*      **Skill Level:** *Beginner, Intermediate & Advanced Players*  
**Location:** *Lava HQ – 2360 Townsgate Road, Thousand Oaks*

The Sixth Grade Series at Lava West is for rising sixth grade girls only (incoming middle schoolers), mixing technical fundamentals work with fun over-the-net style games for athletes looking to build skills for club volleyball, school volleyball, simple love of volleyball, or all three! The Sessions for Summer 2023 are:

• <b>June Session</b>	<b>Tuesdays Only @ Lava HQ</b>	<b>May 30-June 27 (5 practices)</b>	<b>\$98</b>
• <b>July Session</b>	<b>Tuesdays &amp; Thursdays @ HQ</b>	<b>July 11-Aug 03 (8 practices)</b>	<b>\$158</b>
• <b>August Session</b>	<b>Tuesdays &amp; Thursdays @ HQ</b>	<b>Aug 08-Aug 31 (8 practices)</b>	<b>\$158</b>

We offer two distinct class groupings with a max of sixteen (16) players per session.

• <b>Group #1 - 6th Series</b>	<b>Beginner/Intermediate</b>	<b>4:30p-5:45p @ Lava HQ</b>
• <b>Group #2 - 6th Series</b>	<b>Intermediate/Advanced</b>	<b>6:00p-7:15p @ Lava HQ</b>

We recommend new players and players with less experience sign up for the Beg/Int group. Athletes who have participated in our Lite Program or others programs previously should sign up for Int/Adv. If you have questions about placement, please contact our Director Trevor Julian at (818) 631-7785 or [trevorjulian@gmail.com](mailto:trevorjulian@gmail.com).



### SUMMER CAMPS – BEGINNER/ INTERMEDIATE/ADVANCED (JUNE-JULY)

**Age Range:** *Rising 6th Grade Girls Only*  
**Skill Level:** *Beginner, Intermediate and Advanced Players*  
**Location:** *Lava HQ – 2360 Townsgate Road, Thousand Oaks*

We offer a series of multi-day indoor volleyball camps for rising 6th grade girls. Each camp has space for beginner, intermediate, and advanced players.

We have space for a maximum of 32 athletes per camp session (two courts, often but not always separated by skill level). All camps are run out of LAVA HQ, 2360 Townsgate Road, Thousand Oaks. More details below:

• <b>Camp #01 - 6th Grade Girls</b>	<b>Four Days (Tues-Fri)</b>	<b>June 20-23</b>	<b>1:00p-3:30p @ HQ</b>	<b>\$198</b>
• <b>Camp #02 - 6th Grade Girls</b>	<b>Three Days (Wed-Fri)</b>	<b>July 05-07</b>	<b>5:00p-7:30p @ HQ</b>	<b>\$148</b>
• <b>Camp #03 - 6th Grade Girls</b>	<b>Three Days (M/W/F)</b>	<b>July 10, 12 &amp; 14</b>	<b>1:00p-3:30p @ HQ</b>	<b>\$148</b>
• <b>Camp #04 - 6th Grade Girls</b>	<b>Three Days (M/W/F)</b>	<b>July 17, 19 &amp; 21</b>	<b>1:00p-3:30p @ HQ</b>	<b>\$148</b>
• <b>Camp #05 - 6th Grade Girls</b>	<b>Three Days (M/W/F)</b>	<b>July 24, 26 &amp; 28</b>	<b>1:00p-3:30p @ HQ</b>	<b>\$148</b>



*\*For programs for 3rd-5th or 7th-12th graders, turn the page back and/or keep reading!*



## FOR RISING 7TH GRADE GIRLS

Programs on this page are for girls entering 7th grade this next school year. Rising means the athlete's listed grade should be for the upcoming school year (2023-2024). If you have questions about whether your daughter is beginner, intermediate, or advanced, please contact our Director Trevor Julian at [trevorjulian@gmail.com](mailto:trevorjulian@gmail.com) or via cell phone at 818-631-7785.

*\*Highly advanced 7th grade athletes wanting to play club volleyball for Lava West next season should contact our Director immediately.*

**[SIGN UP ONLINE @ LAVACADEMY.COM/SUMMER-LAVA-WEST ... CLICK HERE](https://lavacademy.com/summer-lava-west)**

### JUNIORS PROGRAM – BEGINNER/LOW INTERMEDIATE (JULY-AUGUST)

Age Range: Rising 7th-8th Grade Girls Skill Level: Beginner and Low Intermediate Players

The Juniors is our popular training program for beginner/intermediate middle school athletes, mixing skills work with fun games for athletes looking to build skills to prep for club volleyball, school volleyball, simple love of volleyball, or most often all three! The Summer Session, held at LAVA HQ (2360 Townsgate Rd, Thou Oaks), runs as follows:

• Juniors Program	7th/8th Graders	Wednesdays @ LAVA HQ	4:30p-5:45p	7/12-8/30 (8 wks)	\$158
-------------------	-----------------	----------------------	-------------	-------------------	-------

### SUNDAY WORKSHOPS – BEGINNER/INTERMEDIATE (JULY & AUGUST)

Age Range: Rising 7th Grade Girls Only Skill Level: High Beginner & Intermediate Players\*

Sunday Workshops are skills clinics for high beginner and intermediate players. We focus on one primary specific skill each workshop, touch on other skills, and mix in some competitive play in each 75-minute stand-alone session. We offer eight workshops in July and August on Sundays at HQ (2360 Townsgate Rd, Thou Oaks). More details below:

*\*Note: These workshops are not for new beginners; the Juniors Program is recommended for new beginners.*

• Sunday Workshops	7th Graders	Sundays @ LAVA HQ	2:30p-3:45p	7/9-8/27 (8 wks)	\$20/day
--------------------	-------------	-------------------	-------------	------------------	----------

### MON/FRI TRAINING GROUP – INTERMEDIATE/ADVANCED (JULY & AUGUST)

Age Range: Rising 7th Grade Girls Only Skill Level: Intermediate & Advanced Players\*

Our Mon/Fri Training Group is a program for intermediate and advanced players, preferably those already with club volleyball experience. All skills are covered over the course of the session, fundamentals work combined with game-like play. Each session (one in July and one in August) is eight practices over four weeks. More details below:

*\*We do not recommend this workshop series for beginners or low intermediate athletes.*

• MFT Group - July	7th Graders	Mondays & Fridays	4:30p-5:45p @ LAVA HQ	7/10-8/4 (4 wks)	\$198
• MFT Group - Aug	7th Graders	Mondays & Fridays	4:30p-5:45p @ LAVA HQ	8/7-9/1 (4 wks)	\$198

### SUMMER CAMPS – BEGINNER/INTERMEDIATE/ADVANCED (JUNE & JULY)

Age Range: Rising 7th Grade Girls Only Skill Level: Beginner, Intermediate and/or Advanced Players

We offer several multi-day indoor volleyball camps for rising 7th grade girls. Each camp has its own specific set of dates and its own unique vibe. We have space for a maximum of 32 athletes per camp session (two courts). All camps are held at LAVA HQ, 2360 Townsgate Road, Thousand Oaks. More details below:

• Camp #01 - 7th Grade Girls	Beg/Int/Adv	Four Days (Tues-Fri)	June 27-30	9:30a-12:00p @ HQ	\$198
• Camp #02 - 7th Grade Girls	Beg/Int/Adv	Three Days (Wed-Fri)	July 05-07	9:30a-12:00p @ HQ	\$148
• Camp #03 - 7th Grade Girls	Beg/Int/Adv	Two Days (Tues/Thurs)	July 11 & 13	9:30a-12:00p @ HQ	\$98
• Camp #04 - 7th Grade Girls	Beg/Int/Adv	Two Days (Tues/Thurs)	July 18 & 20	9:30a-12:00p @ HQ	\$98
• Camp #05 - 7th Grade Girls	Beg/Int/Adv	Two Days (Tues/Thurs)	July 25 & 27	9:30a-12:00p @ HQ	\$98

*\*Please contact our Director Trevor Julian if your athlete is looking for high advanced options for this coming summer.*

*\*For programs for 3rd-6th or 8th-12th graders, turn the page back and/or keep reading!*



## FOR RISING 8TH GRADE GIRLS

Programs on this page are for girls entering 8th grade this next school year. Rising means the athlete's listed grade should be for the upcoming school year (2023-2024). If you have questions about whether your daughter is beginner, intermediate, or advanced, please contact our Director Trevor Julian at [trevorjulian@gmail.com](mailto:trevorjulian@gmail.com) or via cell phone at 818-631-7785.

*\*Highly advanced 8th grade athletes wanting to play club volleyball for Lava West next season should contact our Director immediately.*

**[SIGN UP ONLINE @ LAVACADEMY.COM/SUMMER-LAVA-WEST ... CLICK HERE](https://lavacademy.com/summer-lava-west)**

### **JUNIORS PROGRAM – BEGINNER/LOW INTERMEDIATE (JULY-AUGUST)**

**Age Range:** Rising 7th-8th Grade Girls **Skill Level:** New Beginner and Low Intermediate Players

The Juniors is our popular training program for beginner/intermediate middle school athletes, mixing skills work with fun games for athletes looking to build skills to prep for club volleyball, school volleyball, simple love of volleyball, or most often all three! The Summer Session, held at LAVA HQ (2360 Townsgate Rd, Thou Oaks), runs as follows:

• Juniors Program	7th/8th Graders	Wednesdays @ LAVA HQ	4:30p-5:45p	7/12-8/31 (8 wks)	\$158
-------------------	-----------------	----------------------	-------------	-------------------	-------

### **SUNDAY WORKSHOPS – BEGINNER/INTERMEDIATE (JULY & AUGUST)**

**Age Range:** Rising 8th Grade Girls Only **Skill Level:** High Beginner & Intermediate Players\*

Sunday Workshops are skills clinics for high beginner and intermediate players. We focus on one primary specific skill each workshop, touch on other skills, and mix in some competitive play in each 75-minute stand-alone session. We offer eight workshops in July and August on Sundays at HQ (2360 Townsgate Rd, Thou Oaks). More details below:

*\*Note: These workshops are not for new beginners; the Juniors Program is recommended for new beginners.*

• Sunday Workshops	8th Graders	Sundays @ LAVA HQ	4:00p-5:15p	7/9-8/31 (8 wks)	\$20/day
--------------------	-------------	-------------------	-------------	------------------	----------

### **MON/FRI TRAINING GROUP – INTERMEDIATE/ADVANCED (JULY & AUGUST)**

**Age Range:** Rising 8th Grade Girls Only **Skill Level:** Intermediate & Advanced Players\*

Our Mon/Fri Training Group is a program for intermediate and advanced players, preferably those already with club volleyball experience. All skills are covered over the course of the session, fundamentals work combined with game-like play. Each session (one in July and one in August) is eight practices over four weeks. More details below:

*\*We do not recommend this workshop series for beginners or low intermediate athletes.*

• MFT Group - July	8th Graders	Mondays & Fridays	6:00p-7:15p @ LAVA HQ	7/10-8/4 (4 wks)	\$198
• MFT Group - Aug	8th Graders	Mondays & Fridays	6:00p-7:15p @ LAVA HQ	8/8-9/2 (4 wks)	\$198

### **SUMMER CAMPS – BEGINNER/INTERMEDIATE/ADVANCED (JUNE & JULY)**

**Age Range:** Rising 8th Grade Girls Only **Skill Level:** Beginner, Intermediate and/or Advanced Players

We offer several multi-day indoor volleyball camps for rising 8th grade girls. Each camp has its own specific set of dates and its own unique vibe. We have space for a maximum of 32 athletes per camp session (two courts). All camps are held at LAVA HQ, 2360 Townsgate Road, Thousand Oaks. More details below:

• Camp #01 - 8th Grade Girls	Beg/Int/Adv	Four Days (Tues-Fri)	June 27-30	1:00p-3:30p @ HQ	\$198
• Camp #02 - 8th Grade Girls	Beg/Int/Adv	Three Days (Wed-Fri)	July 05-07	1:00p-3:30p @ HQ	\$148
• Camp #03 - 8th Grade Girls	Beg/Int/Adv	Two Days (Tues/Thurs)	July 11 & 13	1:00p-3:30p @ HQ	\$98
• Camp #04 - 8th Grade Girls	Beg/Int/Adv	Two Days (Tues/Thurs)	July 18 & 20	1:00p-3:30p @ HQ	\$98
• Camp #05 - 8th Grade Girls	Beg/Int/Adv	Two Days (Tues/Thurs)	July 25 & 27	1:00p-3:30p @ HQ	\$98

*\*Please contact our Director Trevor Julian if your athlete is looking for high advanced options for this coming summer.*

*\*For programs for 3rd-7th or 9th-12th graders, turn the page back and/or keep reading!*



## FOR RISING 9TH-12TH GRADE GIRLS

Summer programs for high school athletes are centered around preparing for Club Tryouts on July 22 (Sat). All programs on this page are for athletes entering high school next school year (9th-12th grade girls in 2023-2024). If you have questions about our program, please contact our Director Trevor Julian at [trevorjulian@gmail.com](mailto:trevorjulian@gmail.com) or via cell phone at 818-631-7785.

*\*Highly advanced 9th-12th grade athletes wanting to play club for Lava West next season should contact our Director immediately.*

**SIGN UP ONLINE FOR PRE-TRYOUT OFFERINGS ... [CLICK HERE](#)**

### JUNE SHOWCASE PRE-TRYOUT CLINICS (PTC's) – JUNE 2023

**Age Range:** 9th-12th Grade Girls **Skill Level:** Intermediate and Advanced Players  
**Location:** LAVA Headquarters (HQ) – 2360 Townsgate Road, Thousand Oaks

The June Showcases are stand-alone Pre-Tryout Clinics held in June, coached by Lava West Director Trevor Julian and/or senior Lava West coaches. It is reserved for intermediate to advanced rising high school aged athletes (9th-12th) who don't play for Lava West this season, but are interested in playing for Lava West next season (2023-2024). All clinics are held at LAVA HQ, 2360 Townsgate Road.

• June Showcase Pre-Tryout Clinic #01	June 06 (Tuesday)	7:30p-8:45p @ HQ	\$10/day
• June Showcase Pre-Tryout Clinic #02	June 13 (Tuesday)	7:30p-8:45p @ HQ	\$10/day
• June Showcase Pre-Tryout Clinic #03	June 20 (Tuesday)	7:30p-8:45p @ HQ	\$10/day
• June Showcase Pre-Tryout Clinic #04	June 27 (Tuesday)	7:30p-8:45p @ HQ	\$10/day

### PRE-TRYOUT CLINICS (PTC's) – JULY 2023

**Age Range:** 9th-12th Grade Girls **Skill Level:** Intermediate and Advanced Players  
**Location:** 2400 Willow Lane, Thousand Oaks (formerly Athletic Society, also known as "AS")

Pre-Tryout Clinics are for rising high school athletes (9th-12th graders) who are want to play club volleyball for Lava West next club season. Only athletes who want to play club should attend these clinics.

Attending athletes can work to refine their techniques, showcase their skills, meet coaches, and come see what Lava West is all about in advance of Club Tryouts on Sat July 22, as well as to prepare for the coming girls high school volleyball season (starts mid-to-late July, depending on the school).

Lava West had an average of 60 kids per age group tryout in each age group last season. We were able to form 32 girls teams this past season, but attending Pre-Tryout Clinics greatly increases your chances of making one of our teams – and making the team you are hoping to make.

We strongly recommend athletes with significant interest in playing club at Lava West to contact our Director Trevor Julian at [trevorjulian@gmail.com](mailto:trevorjulian@gmail.com) or via cell at 818-631-7785. More details on our slate of PTC's are below:

• July PTC's	15's Age Division	09th Graders	600p-715p @ AS	7/10, 7/12, 7/14, 7/17, 7/19, 7/21	\$10
• July PTC's	16's Age Division	10th Graders	600p-715p @ AS	7/09, 7/11, 7/13, 7/16, 7/18, 7/20	\$10
• July PTC's	17's Age Division	11th Graders	730p-845p @ AS	7/09, 7/11, 7/13, 7/16, 7/18, 7/20	\$10
• July PTC's	18's Age Division	12th Graders	730p-845p @ AS	7/10, 7/12, 7/14, 7/17, 7/19, 7/21	\$10

### CLUB TRYOUTS @ LAVA WEST (15's-18's AGE DIVISIONS) – SAT JULY 22, 2023

**Age Range:** 9th-12th Grade Girls (15's-18's Age Divisions) **Skill Level:** Intermediate/Advanced Players  
**Location:** 2400 Willow Lane, Thousand Oaks (formerly Athletic Society, also known as "AS")

Club Tryouts for the upcoming club season for high school aged athletes (9th-12th graders) will open on Saturday, July 22, 2023. There are make-up tryouts but we STRONGLY encourage athletes to attend the primary tryouts; there is no guarantee space on teams will remain available past July 22. More info on tryouts at [lavacademy.com/tryouts-lava-west](http://lavacademy.com/tryouts-lava-west). Pre-register online below and we'll see you in the gym! *Note: club tryouts for 10's-14's age divisions (4th-8th graders) will open on Saturday, Sept 30, 2023.*

• Club Tryouts	15's Age Division (9th Graders)	Sat July 22	830a-1030a	@ 2400 Willow Lane, Thou Oaks (AS)
• Club Tryouts	16's Age Division (10th Graders)	Sat July 22	1130a-130p	@ 2400 Willow Lane, Thou Oaks (AS)
• Club Tryouts	17's Age Division (11th Graders)	Sat July 22	230p-430p	@ 2400 Willow Lane, Thou Oaks (AS)
• Club Tryouts	18's Age Division (12th Graders)	Sat July 22	530p-700p	@ 2400 Willow Lane, Thou Oaks (AS)

**[REGISTER FOR TRYOUTS @ LAVACADEMY.COM/TRYOUTS-LAVA-WEST](http://LAVACADEMY.COM/TRYOUTS-LAVA-WEST) - [CLICK HERE](#)**







## OUR LAVA WEST COACHES

The Lava West Coaching Staff is an exceptional group of teachers, educators, mentors, positive thinkers, and experienced volleyball minds. Our coaches share a deep passion for the sport of volleyball and for teaching young athletes, developing their skills, and promoting their individual athletic growth, and view athletics as a vehicle by which many of life's lessons can be learned.

We encourage you to read more about our coaches at [lavacademy.com/lava-west-coaches](http://lavacademy.com/lava-west-coaches).

## PRIVATE LESSONS – SUMMER 2023

Many of our coaches are available for private lessons, either individual or small group, and the summer months are great times for extra work. Individual lessons and small groups are open to all athletes, including athletes who've played for other clubs in the past.

## OUR PRIMARY LOCATIONS: LAVA HQ & MOMENTUM

Lava West is based in Thousand Oaks. We utilize a handful of facilities, all a short distance from the 101/23 freeway interchange. Our primary facility is Lava West Headquarters (Lava HQ) at 2360 Townsgate Road, Thousand Oaks, our own exclusive two-court facility with a slew of amenities. We also utilize Momentum at 2400 Willow Lane, Thousand Oaks, with two spacious hardwood floor volleyball courts (an excellent facility, formerly known as Athletic Society, which the new owners are turning into a health and wellness center).

## OUR LIST OF COACHES AVAILABLE FOR PRIVATE LESSONS

Coaches available for private lessons are listed below, along with the age groups they coach this season; if you are not sure who to reach out to, please contact our Director Trevor Julian at [trevorjulian@gmail.com](mailto:trevorjulian@gmail.com) or via cell phone at 818-631-7785 for guidance.

Brittney Mukhar	661-400-1959	13's, 14's, 17's	Todd Freyder	818-632-4421	13's, 15's
Madison Dominguez	805-796-8951	14's, 17's, 18's	Carson Clark	805-350-1376	15's, Beach
Rachel Gam	818-309-9138	16's, 18's	Sage McClain	805-410-2804	15's
Hunter Horn	661-802-1364	18's, Boys	Tyler Galipo	805-791-4795	12's, 14's, 15's
Jadyn Taylor	805-298-5412	11's, 14's, 17's	Shannon Macias	818-269-1447	12's, 13's
Eric Taylor	805-304-5600	11's, 14's, 15's	Chris Harger	805-209-5990	13's, 15's, Boys
Cierra Merz	805-415-3558	14's, 17's	Kayleigh May	805-630-3442	13's
Riley Grayson	818-964-1111	12's	Sydney Reel	415-412-8498	13's
Cassie Augur	818-523-8564	15's, 16's	Emalee Tromello	805-501-2772	13's
Meagan Carter	661-742-4460	14's, 16's, Beach	Carrie Halvorsen	805-603-9339	12's
Jake Jones	805-551-8725	16's	Cashe Olswang	805-231-7170	12's, 14's, Boys
Dylan Haskell	805-908-5266	16's	Jasleen Scheffrin	805-750-1791	12's, 14's, Boys
Sierra Joyner	575-219-1347	14's, 15's	Lynz Mullaney	805-216-4023	12's
Kierah Joyner	805-490-8274	14's	Anika Huelskamp	805-946-8081	12's
Kennedy Walden	805-377-8612	12's	Burdean Oliverson	805-768-4456	12's
Abby Montana	805-422-6555	13's	Jill Hall	323-240-0094	14's
Trevor Julian	818-631-7785	Director	Beatrice Gamboa	805-758-2343	14's

To schedule a private lesson or small group, please reach out to your preferred coach. Times vary according to the schedule of the coach. Private lesson rates differ, as well, from coach to coach. Court charge to LAVA is \$10 per hour is in addition to coach's rate.



## BEACH VOLLEYBALL @ LAVA WEST

Lava West is also pleased to offer Beach Volleyball Camps for Summer 2023. For more questions or information regarding our beach program, please contact our Beach Director Dave Callis at [dnrcallis@gmail.com](mailto:dnrcallis@gmail.com) or via cell phone at 831-601-9016.

**[SIGN UP ONLINE @ LAVACADEMY.COM/BEACH ... CLICK HERE](https://lavacademy.com/beach)**



### **SUMMER CAMPS – BEACH VOLLEYBALL**

**Age Range:** *Programs for Elementary School, Middle School & High School Aged Players*  
**Skill Level:** *Beginner, Intermediate and Advanced Players*  
**Location:** *Westlake “Yaro” YMCA Beach Courts – 31105 Thousand Oaks Blvd, Westlake Village, CA*

We offer several multi-day beach volleyball camps for girls and boys of all ages, twelfth grade and below. Each camp has its own specific set of dates and its own unique vibe with expert coaching and much fun to be had. For more information on the specific camp dates and logistics, please visit:

**[SIGN UP ONLINE @ LAVACADEMY.COM/BEACH ... CLICK HERE](https://lavacademy.com/beach)**

### **YEAR-ROUND BEACH CLUB PROGRAM – BEACH VOLLEYBALL**

**Age Range:** *Elementary School, Middle School & High School Aged Athletes*  
**Skill Level:** *Intermediate and Advanced Players*  
**Location:** *Westlake “Yaro” YMCA Beach Courts – 31105 Thousand Oaks Blvd, Westlake Village, CA*

Our Beach Program runs year-round for those committed to excellence in the sport. We encourage those with a significant interest in beach volleyball to contact our Beach Director Dave Callis at [dnrcallis@gmail.com](mailto:dnrcallis@gmail.com) or via cell phone at 831-601-9016.