



2024

# 2024 CAMPS & CLINICS UNIVERSITY

★ MTN PEAK VOLLEYBALL ★



# Mountain Peak Volleyball 2024 Summer Camps & Clinics

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MPV is excited to present another summer jam-packed with volleyball learning opportunities and play! Elevate your level of play with our experienced MPV directors and coaches who are heavily involved with each program. Come be a part of our program that prioritizes competitive excellence and the value of each individual athlete. Find below a summary of the different summer and fall programs offered this season. Additionally, find our club tryout and Fall League information at the end of this document.

## **PreK-6th Grade**

- Grass Volleyball
- Coed All-Skills Camps
- Fall 2024 League
- 2024-2025 Club Tryouts

## **7th-9th Grade**

- Grass Volleyball
- Coed All-Skills Camps
- BYU Skills Camp
- Specialized Camps
- Girls & Boys Prep Camps
- Fall 2024 League
- 2024-2025 Club Tryouts

## **9th-12th Grade**

- Grass Volleyball
  - BYU Skills Camp
  - Specialized Camps
  - Girls & Boys Prep Camps
  - Fall 2024 League
  - 2024-2025 Club Tryouts
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# Age Divisions

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When registering, please make sure to select the grade your athlete(s) will be in school for the 2024-2025 school year.

Registration opens in early spring, so sometimes this can confuse parents during the registration process. Please make sure to select the appropriate grade so we can ensure your athlete starts with his/her age group for each program.

# Refund Policy

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Many of our summer programs will max out in which case we will open a waitlist. Please view our refund policy for our summer programs below:

- Cancellation made outside of three weeks of program start: 10% cancellation fee
- Cancellation made within three weeks of program start: 50% cancellation fee
- Cancellation made within 48 hours of program start: Ineligible for any refund. Partial camp credit may be available based on athlete circumstances.

# Coed All-Skills Camps

Beginner-Advanced

Boys: Age 4-11 Girls: Age 4-11

PreK-6th Grade

These 3-day camps are open to girls and boys age PreK to 6th grade from beginner to advanced level. Campers will train with athletes of a similar age and experience level to maximize coaching focus and athlete development. Each camp will have a camp director as well as head and assistant coaches on staff. Athletes will train and receive feedback for setting, hitting, passing, serving, and defense from our MPV coaching staff.

**SPACE IS LIMITED AND THESE CAMPS SELL OUT EACH YEAR.**

**REGISTER EARLY TO SAVE YOUR SPOT!**

***Sign up for at least two camps and receive a FREE 2024 MPV camp volleyball!***

- 1st Camp: Camp T-shirt
- 2nd Camp: Camp Volleyball
- 3rd Camp: Multi-Camp Discount

## **Dates:**

- Camp I: June 25-27
- Camp II: July 15-17
- Camp III: August 6-8

## **Camp Format:**

- Day 1: Serving & Passing
- Day 2: Hitting & Setting
- Day 3: Defense & Blocking

## **Camp Schedule:**

- 4-7 Year Olds: 8:30 AM-10:30 AM OR 10 AM-12 PM (*SELECT EITHER TIME OPTION*)
- 8-11 Year-Olds: 9 AM-12 PM

## **Camp Cost:**

- 4-7 Year Olds: \$75/camp; \$185/all camps
- 8-11 Year-Olds: \$105/camp; \$260/all camps

For individual camp sessions, register by the Early Bird Deadline (three weeks before camp start) and receive a 10% discount!

# Coed All-Skills Camps

Beginner-Advanced

Boys: Age 12-14 Girls: Age 12-15

## 7th-9th Grade

These camps are open to girls and boys age 7th to 9th grade from beginner to advanced level. Campers will train with athletes of a similar age and experience level to maximize coaching focus and athlete development. Each camp will have a camp director as well as head and assistant coaches on staff. Athletes will train and receive feedback for setting, hitting, passing, serving, and defense from our MPV coaching staff.

**SPACE IS LIMITED AND THESE CAMPS SELL OUT EACH YEAR.**

**REGISTER EARLY TO SAVE YOUR SPOT!**

***Sign up for at least two camps and receive a FREE 2024 MPV camp volleyball!***

- 1st Camp: Camp T-shirt
- 2nd Camp: Camp Volleyball
- 3rd Camp: Multi-Camp Discount

### **Dates:**

- Camp I: June 18-19
- Camp II: July 1-2
- Camp III: August 1-2

### **Camp Schedule:**

- 8:30-11:30 AM & 12:30-2 PM

### **Camp Cost:**

- Camper Cost: \$115/camp; \$295/all camps

For individual camp sessions, register by the Early Bird Deadline (three weeks before camp start) and receive a 10% discount!

# Girls Club & High School Prep Camps

Intermediate-Advanced

Girls: Age 12-18

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Each of our High School & Club Prep Camps is a two-day camp for incoming 7th-12th graders that focuses on all-around skill development as well as position-specific specialized training in preparation for high school and club tryouts.

## Dates:

- Camp I: July 29-30
- Camp II: July 31-August 1

## Camp Schedule:

- **Camp I:** Morning Session: 9 AM-11 AM  
Afternoon Session: 12 PM-2 PM (Day 1) & 12 PM-3 PM (Day 2)
- **Camp II:** 5:30 PM-8:30 PM  
Coed Tournament at the end of Day 2

## Camp Cost:

- **Camp I:** \$135/Athlete [MPV Club Member Discount: \$108 (use code MPGIRLPREP)]
  - **Camp II:** \$90/Athlete [MPV Club Member Discount: \$72 (use code MPGIRLPREP)]
- (Member discount is for athletes who participated in the 2023-2024 club season)  
Camp t-shirt included
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# Boys Club & High School Prep Camps

Introductory-Advanced

Boys: Age 11-18

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These camps are designed for male athletes with varying levels of experience. Boys of all skill level are encouraged to participate whether they are brand new or have been playing at a club level for several years. Coaches from our MPV boy's club program will lead and direct the camps, with a focus of developing in all skills to prepare for their eventual high school season.

## Dates:

- Camp I: June 19-20
- Camp II: July 31-August 1

## Camp Schedule:

- **Camp I:** 5:30 PM-8:30 PM
- **Camp II:** 5:30 PM-8:30 PM\*  
\*Coed Tournament at the end of Day 2

## Camp Cost:

- \$90/Athlete [MPV Club Member Discount: \$72 (use code MPBOYPREP)]
- (Member discount is for athletes who participated in the 2023-2024 club season)  
Camp t-shirt included

# Specialized Training Sessions

Beginner-Advanced

Boys: Age 12-14 Girls: Age 12-18

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## COED TRAINING CAMPS – SMALL GROUP TRAINING (MAX 6 PER GROUP)

Looking for small groups with specialized, specific training? You are in the right place. Every training session will have 6 or fewer athletes with a specialized coach. Each session will be jam-packed full of skills training designed to push athletes outside their comfort zone by learning more advanced skills and techniques. Each court will be ability-grouped to maximize learning and quality of reps.

### Camp Cost:

- \$60/athlete

## SUMMER CLINIC PASS

- 4 Camps: \$216 (Regularly \$240) [12 Total Camp Hours]
- All 10 Camps: \$510 (Regularly \$720) [30 Total Camp Hours]

These camps are open to Girls in 7th-12th grade (advanced 6th graders allowed) and Boys in 7th-8th grade (advanced 5th-6th graders allowed).

## CAMP OPTIONS

- Serve & Pass Camp
- Hitting & Blocking Camp
- Defense & Passing Camp
- Setters & Middles Camp
- Power & Agility: Focused physical training will be offered at the conclusion of each camp. (2:30-3:15 PM for those attending the first camp only, and 4-4:45 PM for those attending the second or both camps). This is included for all athletes; attendance is optional.

[view the pages below to see specific camp information, each date will have separate camp options]

# Specialized Training Sessions – continued

Beginner-Advanced

Boys: Age 12-14 Girls: Age 12-18

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## Serving & Passing Camp

This camp emphasizes the fundamental skills necessary to be great at serving and service reception. Learn and train from teachings used by the highest levels of volleyball as our instructors use keys and techniques used by the USA Women's National Team. Take your standing and jump float serve to the next level and receive instruction to incorporate a more flat, clean serve at a pace of 38-42 MPH. Participants will receive countless opportunities to pass controlled live serves with feedback and instruction. All volleyball players, regardless of position, will benefit by improving their passing and serving.

### Dates:

- Serving & Passing Camp I: June 12 & 13 from 1-2:30 PM
- Serving & Passing Camp II: June 17 & 20 from 1-2:30 PM
- Serving & Passing Camp III: July 8 & 9 from 1-2:30 PM

### Camp Cost:

- \$60/camp
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## Hitting & Blocking Camp

Focus on improving your hitting & blocking with players of your own age and skill level. Focus for hitting and blocking will be from a pin hitter position (outside or right-side). Rhythm and timing in conjunction with footwork is a major emphasis. Arm action and approaches will also be addressed as athletes learn optimum hitting mechanics. Athletes will be trained on blocking footwork, armwork, and eyework in a variety of situations.

### Dates:

- Hitting & Blocking Camp I: June 12 & 13 from 2:30-4 PM
- Hitting & Blocking Camp II: June 24 & 26 from 1-2:30 PM
- Hitting & Blocking Camp III: July 10 & 12 from 1-2:30 PM

### Camp Cost:

- \$60/camp



# Specialized Training Sessions - continued

Beginner-Advanced

Boys: Age 10-14 Girls: Age 12-18

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## Defense & Passing Camp

This camp emphasizes the fundamental skills necessary to be great at defense and passing. Participants will focus on learning techniques and trainings to improve their defensive moves and skills to generate a high level of defense and quality of defense. All volleyball players, regardless of position, will benefit by improving their passing and defense.

### Dates:

- Defense & Passing Camp I: June 24 & 26 from 2:30-4 PM
- Defense & Passing Camp II: July 10 & 12 from 2:30-4 PM

### Camp Cost:

- \$60/camp
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## Setters & Middles Camp

Our Setting Camp lays the foundation and locks in the mechanics of proven setting patterns. Camp includes skill instruction for specific setting mechanics for jump setting, multi-tempo sets, attacking, and backsets. Our Middles Camp focuses on this specialized position with training in hitting a variety of tempo sets including front and back quick sets and slides; both in transition as well as from serve receive formations. Blocking from the middle position is also a central focus of this camp. Athletes will be trained on blocking footwork, armwork, and eyework in a variety of situations.

### Dates:

- Setters & Middles Camp I: June 17 & 20 from 2:30-4 PM
- Setters & Middles Camp II: July 8 & 9 from 2:30-4 PM

### Camp Cost:

- \$60/camp

# BYU Skills Camp

Beginner-Advanced

Boys: Age 12-18 Girls: Age 12-18

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MPV is excited to have BYU returning to our gym for this 2024 summer skills camp! Come train with BYU Associate Head Coach David Hyte assisted by current BYU players.

Originally from Las Vegas, Hyte played two years at Utah Valley University where he helped the men's club team to a national championship in 2001. He then transferred to BYU where he played from 2003-04, helping the Cougars finish national runners-up in 2003 and national champions in 2004.

Hyte currently serves as the defensive coordinator, specifically the training of the middle blockers, having played that position at BYU from 2003-04. Hyte is also in charge of scouting opponents and serves as the program's recruiting coordinator.

This camp is open to any and all regardless of club affiliation. Girls in grades 7th-12th (2024-2025 school year) and boys in grades 7th-12th (2024-2025 school year) may register. Advanced 6th graders may also register (they will train on a women's height net with a regular ball).

## Dates:

- June 10-11

## Camp Schedule:

- 9 AM-12 PM & 1 PM-4 PM

## Camp Cost:

- Camper Cost: \$140



# Outdoor Grass Volleyball

Beginner-Advanced

Boys: Age 8-18 Girls: Age 10-18

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Join our most popular summer program, grass volleyball! Grass volleyball is lots of fun in the sun while developing all of your skills with maximum reps. Athletes benefit so much from this program, while having a lot of fun in the process.

The advantage of playing outdoor volleyball is that a player must be able to perform every skill. To be successful at outdoor volleyball a player must be able to pass, set, hit, serve, and play defense. It forces the players to develop their weaker skills. It also requires players to cover more of the court on serve receive and on defense and this teaches players to read the hitter and control the ball.

**WE KNOW SUMMER IS A BUSY TIME! OUR OUTDOOR TRAINING PROGRAM IS PRICED LIKE A 6-WEEK PROGRAM BUT IS 10 WEEKS LONG. COME AS MUCH AS YOU CAN BUT HAVE THE FLEXIBILITY YOU NEED!**

## Dates:

- May 22-July 24

## GRASS CLINICS

Our grass clinics are for athletes that want to continue improving their volleyball game during the summer months. Level (Advanced, Intermediate, Beginner) can be selected at registration. Practices are once or twice a week for 1.5 hours. All participants receive a Mtn Peak tank top.

## CLINIC DETAILS

One 1.5 hour practice per week (choose both practices for \$45 more)

### 3rd-8th Grade Practice Options:

Monday from 5-6:30 PM or Thursday from 10-11:30 AM

[July Thursday practices will switch to 9-10:30 AM]

### 9th-12th Grade Players Practice Options:

Monday from 6:30-8 PM or Thursday from 8:30-10 AM

[July Thursday practices will switch to 9-10:30 AM]

\*\*The first two practices will take place on May 24 & 31 (Wednesday evening) from 6-7:30 PM only due to school being in session and Memorial Day.

## OUTDOOR TOURNAMENTS

- June 8 - Spring Thaw Tournament (Doubles)
- June 29 - Beat the Heat Tournament (Doubles)
- July 20 - Youth Finale Tournament (Doubles) [Coed Division available!]
- July 24 - Logan City 24th of July Tournament

# Outdoor Grass Volleyball – continued

Beginner-Advanced

Boys: Age 8-18 Girls: Age 10-18

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## Registration Options:

### A. CLINICS + TOURNAMENTS

- Train weekly with our MPV outdoor coaches and play at local tournaments competing against other teams in your division! Register with a teammate or individually to pair up with a fellow athlete for each tournament. Competitions will be 2v2 play with pool & bracket play.

Cost Includes:

- 1 grass clinic practice each week
- All tournament dates listed above
- Mtn Peak tank top

Cost: \$145/athlete

(2 practices per week +\$45)

### B. CLINICS ONLY

- Train weekly with our MPV outdoor coaches.

Cost Includes:

- 1 grass clinic practice each week
- Mtn Peak tank top

Cost: \$120/athlete

(2 practices per week +\$45)

*Tournament fees separate*

### C. GRASS TOURNAMENTS ONLY

- Register to compete in 2v2 outdoor tournaments.

Cost: \$20/athlete per tournament

## **NEW THIS YEAR!**

### **Prince & Princess of the Beach**

All youth participating in tournaments will receive points based on their finish at each grass tournament. The top 5 male and top 5 female athletes will be invited to participate in the 2024 Prince & Princess of the Beach Tournament. This will be a Juniors event of our King & Queen of the Beach event. The winner of this event will be crowned as the Prince/Princess of the Beach! [This event will be Invite-Only based on points accrued throughout the season, and has no cost to enter.]



MTN PEAK VOLLEYBALL

▶ **2024-2025** ◀

# TRYOUTS



## MPV GIRLS & BOYS VOLLEYBALL

**GIRL'S TRYOUTS:** **JULY 15-16** 15U-18U NATIONAL  
**OCTOBER** 10U-14U ELITE & NATIONAL  
**NOVEMBER** 15U-18U ELITE

**BOY'S TRYOUTS:** **JULY 9-10** 10U-18U ALL TEAMS

MORE INFORMATION & REGISTER ONLINE @ [WWW.MTNPEAKVOLLEYBALL.COM](http://WWW.MTNPEAKVOLLEYBALL.COM)



REGISTER BY  
**AUGUST 10**

# YOUTH FALL LEAGUE

Join our 6-week youth volleyball league! Train and compete weekly with other athletes in your school area and have a lot of fun in the process!

**AUGUST-SEPTEMBER**

- ✓ Develop all-around as a player
- ✓ Receive quality instruction
- ✓ Weekly practice & games
- ✓ Meet & play with future high school teammates



## 1ST-3RD GRADE 2V2 LEAGUE

- Wednesday or Thursday Leagues
- Training + Gameplay
- Modified format to maximize reps

## 4TH-6TH GRADE 6V6 LEAGUE

- 1.5 hr weekly practices
- Friday games
- Competitive (A) & Rec (B) Divisions

## 7TH-9TH GRADE 6V6 LEAGUE

- 1.5 hr weekly practices
- Saturday games
- Competitive (A) & Rec (B) Divisions

## 8TH-12TH GRADE 4V4 LEAGUE

- Weekly games ONLY (No practices)
- Monday League
- Competitive (AA) Division
- Sign up as a team or Free Agent

# SUMMER

OUTDOOR TOURNAMENTS

2024



**JUNE 8 \* SPRING THAW**  
M/W DOUBLES, JRS

**JUNE 29 \* BEAT THE HEAT**  
M/W DOUBLES, JRS

**JULY 19 \* MIDNIGHT MADNESS**  
COED DOUBLES

**JULY 20 \* YOUTH FINALE**  
DOUBLES

**JULY 20 \* MUST QUALIFY**  
MASTERS KING & QUEEN OF THE BEACH

**JULY 23 \* MUST QUALIFY**  
PRINCE & PRINCESS OF THE BEACH

**JULY 24 \* MUST QUALIFY**  
KING & QUEEN OF THE BEACH

**AUG 3 \* SPIKE IT LIKE IT'S HOT**  
REVERSE COED