

SUMMER PROGRAMS

@ LAVA WEST VOLLEYBALL CLUB (GIRLS)

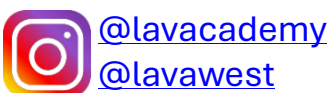
CAMPS, YOUTH CLASSES, CLINICS & WORKSHOPS



LAVA WEST VOLLEYBALL CLUB
THOUSAND OAKS, CA

TREVOR JULIAN – DIRECTOR
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LAVACADEMY.COM/SUMMER-LAVA-WEST



2025



ABOUT LAVA WEST

Based in Thousand Oaks, Lava West Volleyball Club for Girls has grown to become the 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 2024-2025 club season, LAVA West fielded thirty-four girls travel teams across multiple age divisions. Our athletes come from many different communities and many different schools from the immediate Conejo area and, indeed, the wider Ventura and Los Angeles Counties, as well.

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 2025. 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.

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 exceptional hardwood floor volleyball courts, bright lights, limited distractions, and lots of space. Our courts are the best environment for training you will find in the area.

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 (2025-2026), not their current one. When age division is used, please refer to the following guidelines:

18's is 12th graders (born after July 01, 2006 eligible)
 17's is 11th graders (born after July 01, 2008 eligible)
 16's is 10th graders (born after July 01, 2009 eligible)
 15's is 9th graders (born after July 01, 2010 eligible)

14's is 8th graders (born after July 01, 2011 eligible)
 13's is 7th graders (born after July 01, 2012 eligible)
 12's is 6th graders (born after July 01, 2013 eligible)
 10's/11's is 4th/5th graders (born after July 01, 2014 eligible)

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

FOR RISING 3RD & 4TH GRADE GIRLS

What Does Rising Mean? Programs on this page are for girls in the 'Rising' 3rd-4th grades. **Rising** means the athlete's listed grade should be for the upcoming school year (2025-2026).

Important for Youth Kids: Female athletes in elementary school below use a lighter ball (see right) and have a lower net (four inches lower, 7'0"); it is better for player development to be in programs that understand this and do not mix rising 3rd-4th graders with rising 7th-8th graders. Our summer youth program is designed specifically for the proper age groups.



Have Questions? If you have questions about your daughter's skill level, proper placement, or anything else, please contact our Director Trevor Julian at trevorjulian@gmail.com or via cell phone at 818-631-7785. **If you believe your daughter is Highly Advanced, please reach out to our Director.*

... OR SIGN UP ONLINE VIA QR CODE DIRECT TO REGISTRATION PAGE

[SIGN UP ONLINE @ LAVACADEMY.COM/SUMMER-LAVA-WEST](https://LAVACADEMY.COM/SUMMER-LAVA-WEST)

YOUTH LITE & ADVANCED LITE PROGRAMS

Age Range: *Rising 3rd & 4th Grade Girls*
Skill Level (Lite): *Beginner and Low Intermediate Players (3rd, 4th & 5th)*
Skill Level (Adv Lite): *Intermediate to Advanced Players (5th-6th)*
Location: *Lava HQ – 2360 Townsgate Road, Thousand Oaks*

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

Skills work focuses on correct fundamentals (primary emphasis on passing, setting, hitting, court awareness, and overall ball control) and movement patterns with lots of quality repetition, over-the-net, game-like play, and competitive fun!

- **Session #1 - Youth** **Tues & Thurs** **July 08-July 31** **\$148 - 8 days** **18 Player Max per Group**
- **Session #2 - Aug** **Tues & Thurs** **Aug 05-Aug 28** **\$148 - 8 days** **18 Player Max per Group**

We offer two distinct class groupings. We recommend all "rising" 3rd and 4th graders sign up for the Youth Lite (Beg/Int) group. Beginner 5th graders should also sign up for Youth Lite (Group #1). Intermediate and advanced 5th graders should sign up for Adv Lite, along with all 6th graders regardless of level of experience.

- **Group #1 - Youth Lite** **Rising 3rd-5th Graders** **Beg & Low Intermediate** **430p-545p @ HQ**
- **Group #2 - Adv Lite** **Rising 5th-6th Graders** **Intermediate & Advanced** **600p-715p @ HQ**

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.



SUMMER CAMPS

Age Range: *Rising 3rd-4th & 5th-6th Grade Girls*
Skill Level: *Beginner, Intermediate and Advanced Players*
Group #01 - Lite: *3rd, 4th & 5th Graders, Beginner & Low Intermediate*
Group #02 – Adv Lite: *5th-6th Graders, Intermediate & Advanced*
Location: *Lava HQ – 2360 Townsgate Road, Thousand Oaks*

We offer several multi-day indoor volleyball camps for girls in rising 3rd-4th grades. Each camp has its own specific set of dates and its own unique vibe. The camps mirror our Youth Lite and Advanced Lite Programs, but with more depth due to longer hours in a consolidated period of days. We offer one court per camp to each group, Lite (3rd-5th, Beg/Int) and Adv Lite (5th-6th, Int/Adv). Our rising 3rd-4th grade athletes are part of the Lite group for the younger beginner and low intermediate players.

- **Camp #01** **July 14, 16 & 18** **Mon, Wed & Fri (3 days)** **1230p-230p @ HQ** **\$118** **18 Player Max per Group**
- **Camp #02** **July 21, 23 & 25** **Mon, Wed & Fri (3 days)** **1230p-230p @ HQ** **\$118** **18 Player Max per Group**
- **Camp #03** **July 28, 30 & 8/1** **Mon, Wed & Fri (3 days)** **1230p-230p @ HQ** **\$118** **18 Player Max per Group**
- **Camp #04** **Aug 04, 06 & 08** **Mon, Wed & Fri (3 days)** **1230p-230p @ HQ** **\$118** **18 Player Max per Group**

All offerings run out of LAVA HQ, 2360 Townsgate Road, Thousand Oaks. 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.



FOR RISING 5TH & 6TH GRADE GIRLS

What Does Rising Mean? Programs on this page are for girls in the 'Rising' 5th-6th grades. **Rising** means the athlete's listed grade should be for the upcoming school year (2025-2026).

Important for Youth Kids: Female athletes in 5th-6th grade use a lighter ball (see right) and have a lower net (four inches lower, 7'0"); it is better for player development to be in programs that understand this and do not mix rising 5th-6th graders with rising 7th-8th graders. Our summer youth program is designed specifically for the proper age groups.



Have Questions? If you have questions about your daughter's skill level, proper placement, or anything else, please contact our Director Trevor Julian at trevorjulian@gmail.com or via cell phone at 818-631-7785. **If you believe your daughter is Highly Advanced, please reach out to our Director.*

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

YOUTH LITE & ADVANCED LITE PROGRAMS

Age Range: Rising 5th & 6th Grade Girls
Skill Level (Lite): Beginner and Low Intermediate Players (3rd-5th Graders)
Skill Level (Adv Lite): Intermediate to Advanced Players (5th-6th Graders)
Location: Lava HQ – 2360 Townsgate Road, Thousand Oaks

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

Skills work focuses on correct fundamentals (primary emphasis on passing, setting, hitting, court awareness, and overall ball control) and movement patterns with lots of quality repetition, over-the-net, game-like play, and competitive fun!

- **Session #1 - July** Tues & Thurs Jul 08-Jul 31 \$148 - 8 days 18 Player Max per Group
- **Session #2 - Aug** Tues & Thurs Aug 05-Aug 28 \$148 - 8 days 18 Player Max per Group

We offer two distinct class groupings for 5th grade girls. Beginner 5th graders should sign up for Youth Lite (Group #1); those with experience should jump into the Advanced Lite (Group #2). All 6th graders even with little previous experience should sign up for the Advanced Lite (Group #2 for Int/Adv).

- **Group #1 - Youth Lite** Rising 3rd-5th Graders Beg & Low Intermediate 430p-545p @ HQ
- **Group #2 - Adv Lite** Rising 5th-6th Graders Intermediate & Advanced 600p-715p @ HQ

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.



For Highly Advanced Training Groups, Please Reach Out to Our Director for Approval to Participate.

SUMMER CAMPS

Age Range: Rising 5th-6th Grade Girls
Skill Level: Beginner, Intermediate and Advanced Players
Group #01 - Lite: 3rd-5th Graders, Beginner & Low Intermediate
Group #02 – Adv Lite: 5th-6th Graders, Intermediate & Advanced
Location: Lava HQ – 2360 Townsgate Road, Thousand Oaks

We offer several multi-day indoor volleyball camps for girls in rising 3rd-6th grades. Each camp has its own specific set of dates and its own unique vibe. The camps mirror our Youth Lite and Advanced Lite Programs, but with more depth due to longer hours in a consolidated period of days. We offer one court per camp to each group, Youth Lite (3rd-5th, Beg/Int) and Adv Lite (5th-6th, Int/Adv). All 6th grade athletes should sign up for Adv Lite. For 5th graders who are Int/Adv, sign up for Adv Lite. Beginner and low intermediate 5th graders should sign up for Youth Lite Group.

- **Camp #01** July 14, 16 & 18 Mon, Wed & Fri (3 days) 1230p-230p @ HQ \$118 18 Player Max per Group
- **Camp #02** July 21, 23 & 25 Mon, Wed & Fri (3 days) 1230p-230p @ HQ \$118 18 Player Max per Group
- **Camp #03** July 28, 30 & 8/1 Mon, Wed & Fri (3 days) 1230p-230p @ HQ \$118 18 Player Max per Group
- **Camp #04** Aug 04, 06 & 08 Mon, Wed & Fri (3 days) 1230p-230p @ HQ \$118 18 Player Max per Group

All offerings run out of LAVA HQ, 2360 Townsgate Road, Thousand Oaks. 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.



FOR RISING 7TH-8TH GRADE GIRLS

What Does Rising Mean? Programs on this page are for girls ‘rising’ into the 7th and 8th grades. **Rising** means the athlete’s listed grade should be for the upcoming school year (2025-2026).

Important for Rising 7th Graders: Female athletes going into 7th grade face two challengers: the net height changes from youth (7’0) to regulation women’s height (7’4) and the ball changes from the lighter youth to a regular women’s ball, which is heavier. 7th graders will face some frustration as they acclimate to these changes, but it is a natural, normal part of their development.

One Year to High School for Rising 8th Graders: Female athletes going into 8th grade have one year to prepare for the start of their high school volleyball careers, which will begin next summer (2026). Summer camps and clinics are important, but playing competitively on a club team next club season is even more important. Tryouts open on October 04, 2025. The season runs November 2025-June 2026.



... OR SIGN UP ONLINE VIA QR CODE
DIRECT TO REGISTRATION PAGE

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

Have Questions? If you have questions about your daughter’s skill level, program placement, or anything else — or if you believe your daughter is Highly Advanced — please contact our Director Trevor Julian at trevorjulian@gmail.com or via cell phone at 818-631-7785.

MON/FRI TRAINING GROUP – BEGINNER & INTERMEDIATE PLAYERS (JULY/AUGUST)

Age Range: Rising 7th-8th Grade Girls Only
Skill Level: Beginner & Intermediate Players
Location: Lava HQ – 2360 Townsgate Road

Our Monday/Friday Training Group is a program for beginner and low intermediate athletes. Each monthly session features four weeks with two practices per week on Mondays and Fridays (8 total practices). All skills are covered over the course of each session, fundamentals work combined with game-like play. We offer two sessions, July and August. More details below:

- **MFT Group - July** 7th-8th Graders Mondays & Fridays 430p-545p @ HQ July 07-Aug 01 (4 wks) \$198
- **MFT Group - Aug** 7th-8th Graders Mondays & Fridays 430p-545p @ HQ Aug 04-Aug 29 (4 wks) \$198

ADVANCED TRAINING GROUP – INTERMEDIATE & ADVANCED PLAYERS (JULY/AUGUST)

Age Range: Rising 7th-8th Grade Girls Only
Skill Level: High Intermediate & Advanced Players Only = Requires Director approval to participate.
Location: Momentum Gym – 2400 Willow Lane, Thousand Oaks

Our Advanced Training Group is for rising 7th-8th grade girls who are high intermediate to advanced players. Each monthly session features four weeks with two practices per week on Tuesdays and Thursdays (8 total practices) at the Momentum gym, \$198 per player per session. These Training Groups will be highly technical and cover all advanced skills over the course of the session. We offer a Training Group for each of four distinct age divisions from 5th thru 8th grades. More details:

- **Adv Training Group - July** July 08-31 Tuesdays & Thursdays 7th Graders = 600p-715p 8th Graders = 730p-845p
- **Adv Training Group - Aug** Aug 05-28 Tuesdays & Thursdays 7th Graders = 600p-715p 8th Graders = 730p-845p

The Advanced Training Group is for higher level players only. The program does require Director approval to participate and does utilize a separate sign up system than the normal Summer Registration portal. Please reach out to our Director Trevor Julian at trevorjulian@gmail.com or via cell phone at 818-631-7785 if you have questions and/or want to sign your daughter up.

JUNIORS SUMMER CAMPS – BEGINNER & INTERMEDIATE (JULY & AUGUST)

Age Range: Rising 7th-8th Grade Girls Only **Skill Level:** Beginner & Intermediate Players

We offer several multi-day indoor volleyball camps for beginner and low intermediate rising 7th-8th grade girls. Each camp has its own specific set of dates and its own unique vibe. We have space for a maximum of 18 athletes per camp session (one court). All camps are held at LAVA HQ, 2360 Townsgate Road, Thousand Oaks. More details below:

- **Jrs Camp #01** 7th-8th Graders Beg/Int 3 Days (Tues/Wed/Thurs) July 01-03 10a-12p @ HQ \$118
- **Jrs Camp #02** 7th-8th Graders Beg/Int 3 Days (Tues/Wed/Thurs) July 15-17 10a-12p @ HQ \$118
- **Jrs Camp #03** 7th-8th Graders Beg/Int 3 Days (Tues/Wed/Thurs) July 22-24 10a-12p @ HQ \$118
- **Jrs Camp #04** 7th-8th Graders Beg/Int 3 Days (Tues/Wed/Thurs) July 29-31 10a-12p @ HQ \$118

**If you believe your daughter is Highly Advanced, please reach out to our Director Trevor Julian via cell phone at 818-631-7785.*



FOR RISING 9TH-12TH GRADE GIRLS

What Does Rising Mean? Programs on this page are for girls ‘rising’ into the 9th-12th grades (high school). **Rising** means the athlete’s listed grade should be for the upcoming school year (2025-2026).

Club Tryouts Around the Corner: Female athletes rising into the 9th-12th grades do not have much time in the summer, unfortunately. High school volleyball programs have practices in the summer (each high school schedule varies) and Club Tryouts for the next club season open on July 26, 2025. The back-half of July is a busy month for volleyball players. All the club info you need is listed below!

Have Questions? If you have questions about your daughter’s skill level, program placement, preparing for club tryouts in September, or anything else — or if you believe your daughter is Highly Advanced — please contact our Director Trevor Julian at trevorjulian@gmail.com or via cell phone at 818-631-7785.



CLUB TRYOUTS – REGISTER HERE

PRE-TRYOUT CLINICS – SIGN UP

... OR SIGN UP ONLINE FOR TRYOUTS & CLINICS VIA QR CODE ABOVE

JUNE SHOWCASE PRE-TRYOUT CLINICS (PTC’s) – JUNE 2025

Age Range: 9th-12th Grade Girls
Skill Level: Intermediate and Advanced Players

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 current club season, but are interested in playing for Lava West next club season (2025-2026). All clinics are held at LAVA HQ, 2360 Townsgate Road.

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|---|-------------------|------------------|----------|
| • June Showcase ... Pre-Tryout Clinic #01 | June 03 (Tuesday) | 7:30p-8:45p @ HQ | \$20/day |
| • June Showcase ... Pre-Tryout Clinic #02 | June 10 (Tuesday) | 7:30p-8:45p @ HQ | \$20/day |
| • June Showcase ... Pre-Tryout Clinic #03 | June 17 (Tuesday) | 7:30p-8:45p @ HQ | \$20/day |

PRE-TRYOUT CLINICS (PTC’s) – JULY 2025

Age Range: 9th-12th Grade Girls
Skill Level: Intermediate and Advanced Players

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 skills, meet coaches, and come see what Lava West is all about in advance of Club Tryouts on Sat July 26, 2025, as well as to prepare for the coming girls high school volleyball season (starts mid-to-late July, depending on the school). We had an average of 60 kids per age group at tryout last season. We were able to form 30+ girls teams this past season, but **attending Pre-Tryout Clinics greatly increases your chances of making one of our teams** – and increase your chances of 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 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 @ HQ	7/13, 7/14, 7/16, 7/20, 7/21, 7/23	\$20
• July PTC’s	16’s Age Division	10th Graders	730p-845p @ HQ	7/13, 7/14, 7/16, 7/20, 7/21, 7/23	\$20
• July PTC’s	17’s Age Division	11th Graders	730p-845p @ HQ	7/15, 7/17, 7/22, 7/24	\$20
• July PTC’s	18’s Age Division	12th Graders	730p-845p @ HQ	7/15, 7/17, 7/22, 7/24	\$20

CLUB TRYOUTS @ LAVA WEST (15’s-18’s AGE DIVISIONS) – SAT JULY 26, 2025

Age Range: 9th-12th Grade Girls (15’s-18’s Age Divisions)
Skill Level: Intermediate and Advanced Players

Club Tryouts for the next club season for high school aged athletes (9th-12th graders) will open on July 26, 2025. We **strongly** encourage athletes to attend the primary tryouts; there is no guarantee space will remain available past July 26. More info on tryouts at 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, October 04, 2025.

• Club Tryouts	15’s Age Division (09th Graders)	Sat July 26	930a-1130a	@ 2360 Townsgate Rd, Thou Oaks (HQ)
• Club Tryouts	16’s Age Division (10th Graders)	Sat July 26	1230a-230p	@ 2360 Townsgate Rd, Thou Oaks (HQ)
• Club Tryouts	17’s Age Division (11th Graders)	Sat July 26	330p-530p	@ 2360 Townsgate Rd, Thou Oaks (HQ)
• Club Tryouts	18’s Age Division (12th Graders)	Sat July 26	330p-530p	@ 2360 Townsgate Rd, Thou Oaks (HQ)



BEACH VOLLEYBALL @ LAVA WEST

Lava West is also pleased to offer Beach Volleyball Camps for Summer 2025. For more questions or information regarding our beach program, please contact our Beach Director Dave Callis at [dnrcallis@gmail.com](mailto:dnrallis@gmail.com) or via cell phone at 831-601-9016.



LAVA BEACH
HOME WEBSITE

LAVA BEACH VOLLEYBALL PROGRAM

Age Range ... Elementary, Middle & High School Aged Players
Skill Level ... Beginner, Intermediate and Advanced Players
Location ... Multiple Locations, Including Westlake Village



SUMMER BEACH CAMPS
DIRECT REGISTRATION

SUMMER CAMPS – BEACH VOLLEYBALL

For Summer 2025, 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. Camps run out of multiple locations in and around Southern California.

YEAR-ROUND BEACH CLUB PROGRAM – BEACH VOLLEYBALL

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