

# WHY SAND VOLLEYBALL?

The nature of doubles sand volleyball emphasizes the “complete” player, where all the skills of passing, setting, hitting, digging and blocking are used in every play. The confidence that comes from playing doubles and being involved in every play can produce tremendous benefits in ball control and mental toughness – skills that every coach looks for in any athlete. The physical conditioning and quick reaction time from playing in the sand translates into quicker movements and higher vertical jumps when the beach players return to the indoor court.

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**"Play it once, Love it forever"**

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## Director

Jay Dorsey

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## What is included in Sand Program?

Practices on Tue/Thur

5:30pm - 7:30pm

7:30pm - 9:30pm

1 Jersey Top

Beach volleyball

1 tournament per season

May 11th

June 8th

## Tournaments

4/14/19 Vollis

5/4-5/5 Gulf Shores

5/11-5/12 Vollis

5/18-5/19 Georgia

6/8 Vollis

6/15-6/16 M'boro

6/22-6/23 Vollis

7/23-7/29 Hermosa

## Tryouts

April 8th or 9th

6:00pm - 8:00pm

\*Do not have to attend both tryouts

\$25.00 Tryout Fee

Register@ [www.vollisbeach.com](http://www.vollisbeach.com)

## Spring- \$500

April 16th - May 30th

April, 16, 18, 30, May, 7, 9, 14, 16,

21, 23, 28, 30

## Summer - \$500

June 4th - July 11th

June, 4, 6, 11, 13, 18, 20, 25, 27,

July 2, 9, 11

## OTHER INFORMATION

Program is open to boys & girls ages 9-18 □

Players do not need to have a partner selected already. Coaches will help advise players in finding partners.

Coaches will be present at all tournaments to provide allowed coaching/feedback.

Travel/transportation, hotel and food expenses are not included in pricing.

Clinics/Private available  
(additional cost)  
Mon/Wed