



## Beach Volleyball Academy

2017 Fall Training Program - "Endless Summer"  
Sundays  
July 30<sup>th</sup> through October 29<sup>th</sup>



<u>ENTRY FEES:</u>	\$5.00/session for CRC members & \$20.00/session for Non-CRC members
<u>ENTRY DEADLINE:</u>	Drop in program. Training will be canceled if rain, or lightning present.
<u>FORMAT:</u>	July 30 <sup>th</sup> to Sept 24 <sup>th</sup> : 9:00 to 11:00am Elementary & Middle School October 1 <sup>st</sup> to 29 <sup>th</sup> 12:00 to 2:00pm Elementary & Middle School
<u>AGE GROUPS:</u>	Elementary & Middle School
<u>REQUIREMENTS:</u>	Basic Volleyball skill & experience.
<u>RECOMMENDATIONS:</u>	Sun screen, towel, water bottle, & snacks



### 2017 Fall Beach Volleyball Academy Training

CRC Beach Volleyball Academy fall training will be following the same format as our winter, spring & summer training sessions. We will be training individual and team skills and strategies for competition in AAU & CBVA age group competition. Training will be divided by ability groups when necessary. Breaks will be provided for sun block reapplying, water, and snack breaks.

Camper will be required to sign in at CRC front desk & sign a waiver each time. Non-members will be required to leave following completion of the instructional session. All session will be led by JJ Mitchell, director of CRC Beach Volleyball Academy. Any questions: [jmitchellvb@gmail.com](mailto:jmitchellvb@gmail.com)