



Beach Volleyball Academy

2018 NIBVL Training Program
Mondays, Tuesdays, Wednesdays, Thursdays, & Fridays
3:30-5:30pm
February 12th through May 18th

- Program:** Northern Interscholastic Beach Volleyball League Training Sessions
- Training for participant's competition in the NIBVL in 2018.
 - Training sessions are focused on skill development & team strategy.
 - Players may try out for selection for this training session Monday 2-12th
 - Training group size will be limited for quality.
 - Training only, but guidance with registration process of NIBVL provided.
- Fees:** Must be a CRC member to participate.
- \$150.00/month must be paid by 15th of each month (2/15, 3/15, 4/15)
 - Include only on site CRC training: uniforms and travel separate.
- Tryouts:** February 12th -14th Monday, Tuesday, & Wednesday 3:30-5:30pm
- Requirements:** Competitive Beach Volleyball skills & experience.
Competition Ladder used for Team.
- Must get permission from schools to use uniforms, or CRC BVA is fine.
- Trainings:** Monday, Tuesday, Wednesday, Thursday, & Friday 3:30-5:30
- Rain or shine, racquetball court and weight room will be used if needed
 - Practice calendars will be provided.
- Recommendations:** Sun screen, towel, water bottle, snacks, & sand socks (if cold)

CRC is only providing physical training for NIBVL involvement, it is the participant and their parent's responsibility to register and transport athletes to NIBVL events. Participants in CRC's NIBVL training sessions must be a CRC member.

All session will be led by JJ Mitchell, director of CRC Beach Volleyball Academy. Any questions:

jmitchellvb@gmail.com