



## Beach Volleyball Academy

2018 Summer Training Program  
Tuesdays & Thursdays  
7:00am-1:00pm  
June 18<sup>th</sup> through July 26<sup>th</sup>

- ENTRY FEES:** \$8.00/session for CRC members & \$25.00/session for Non-CRC members
- ENTRY DEADLINE:** Drop in program. Training will be canceled if rain, or lightening present.
- FORMAT:** Tuesdays & Thursdays 7:00am to 1:00pm
- AGE GROUPS:** Middle & High School, College and adult women welcomed.
- 7:00 to 9:00am “Elite Training Group” invitation only
    - o Competition training only.
  - 9:00 to 11:00am “Middle School Group” (6<sup>th</sup>-8<sup>th</sup>), drop in 1<sup>st</sup> 24players.
    - o Individual skill & strategy development, and game play.
  - 11:00am to 1:00pm “High School to Adult”, drop in 1<sup>st</sup> 24 players
    - o Team strategy development & competitive drill design.
- REQUIREMENTS:** Basic Volleyball skill & experience.
- RECOMMENDATIONS:** Sun screen, towel, water bottle, snacks, & sand socks (if cold)

### 2018 Summer Beach Volleyball Academy Training

CRC Beach Volleyball Academy summer training will be following the same format as our winter, spring, & fall 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. Swimming will be allowed, no life guard.

Camper will be required to sign in at CRC front desk and receive a stamp on their wrist; non-CRC members will require sign a waiver each time. Non-members will be required to leave the CRC facilities

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)