



Beach Volleyball Academy

2019 Winter Training Program
Tuesdays & Thursdays
3:30-5:00pm
January 8th through 31st

<u>ENTRY FEES:</u>	\$8.00/session for CRC members & \$25.00/session for Non-CRC members
<u>ENTRY DEADLINE:</u>	Drop in program. Training will be canceled if rain, or lightening present.
<u>FORMAT:</u>	Tuesdays & Thursdays 3:30 to 5:00pm
<u>AGE GROUPS:</u>	Middle & High School, College and adult women welcomed.
<u>REQUIREMENTS:</u>	Basic Volleyball skill & experience.
<u>RECOMMENDATIONS:</u>	Sun screen, towel, water bottle, snacks, & sand socks (if cold)

2019 Winter Beach Volleyball Academy Training

CRC Beach Volleyball Academy winter training will be following the same format as our spring, summer & 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.

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