



Beach Volleyball Academy

2019 Travel Training Program
Mondays, Tuesdays, Wednesdays, Thursdays, & Fridays
3:30-5:30pm
February 4th through May 17th

Program:

Travel Team Beach Volleyball Training Sessions

- Training for participant's competition in AAU, CBVA, & USAV.
- Training sessions are focused on skill development & team strategy.
- Players may try out for selection for this training session Monday 2-4th
- Training group size will be limited for quality.
- Training only, but guidance with registration process of tournament provided.

Fees:

Must be a CRC member to participate.

- \$150.00/month must be paid by 1st of each month. Feb, Mar, Apr & May.
- Non CRC members can pay \$200/month for (fees & membership)
- Month of May will be prorated based on training days (IBVL Play-offs).
- Include only on site CRC training: uniforms and travel separate.

Tryouts:

February 4th & 5th Monday & Tuesday 3:30-5:30

Requirements:

Competitive Beach Volleyball skills & experience

Competition Ladder used for Team.

- Must get permission from schools to use uniforms, for AAU IBVL.

Trainings:

Monday, Tuesday, Wednesday, Thursday, & Friday 3:30-5:30

- Rain or shine, racquetball court will be used when available.
- Practice calendars will be provided.

Recommendations:

Sun screen, towel, water bottle, snacks, & sand socks (if cold)

CRC is only providing physical training for competition, it is the participant and their parent's responsibility to register and transport athletes to events. Participants in CRC's Travel Team training sessions must be a CRC member. All sessions will be led by JJ Mitchell, director of CRC Beach Volleyball Academy. Any questions: jmitchellvb@gmail.com