

**Requirements:**

Prior membership and participation in Travel Training sessions.

**Trainings:**

All training sessions will be divided by ability, not age.

U16 & U18. Limited size, 6-8 players in each group.

Tuesdays and Thursdays. June 11th to July 2nd. 7:00-9:00am

4 weeks, 7 sessions)

**Fee:**

CRC Members cost \$75.00/ month.

Non-Members cost \$125.00/ month. (May use volleyball courts only during training session.)

**Recommendations:**

Sunscreen, mosquito repellent, towel, water bottle, snacks, sand socks (if cold).

**Cancellation:**

Weather, air quality may lead to cancellation.

**Program:**

Participant's competition in AAU, CBVA, P1440, AVPA & USAV.

CRC is only providing physical training for competition. It is the participant and their parent's responsibility to register and transport athletes to events.

All sessions will be led by JJ Mitchell, Director of CRC Beach Volleyball Academy.

**Any Questions: [jmitchellvb@gmail.com](mailto:jmitchellvb@gmail.com)**