

What is Beach all about????

No Experience Necessary!!!

Beach Volleyball is for anyone who enjoys volleyball and wants to get to their next personal level!

What are the Benefits of playing Beach?

“It’s easier to take your outdoor skills into the gym than to bring your indoor skills outside. Simple reason, Beach Volleyball forces you to have all the skills. Learning those skills can only improve an indoor player’s performance. If nothing else, a player’s quickness and jump will be increased from playing on the soft sand.”

Karch Kirale – former Olympic Player and current Olympic Coach, Original “King of the Beach”

Playing doubles forces you to develop your weak skills. For example, if your partner receives the serve, you must go set the ball. If you can’t set very well, your opponent will likely serve to your partner often, FORCING you to set. Beach doubles forces you to learn strategy and create a game-plan. After just a few serves, you can likely tell which player is the weaker passer or stronger hitter: one strategy would be to serve the weaker passer forcing her partner to set the bad pass. Players also increase their touches on the ball by at least 100%. From a 1 out of 6 chance, to a 1 out of 2 chance of touching the ball during play is great! The more touches, the more experience.

When you transition back to playing indoor, your team will benefit from your newfound confidence and ability to scheme! Another advantage of beach volleyball is that you don’t have the pressure letting your TEAM down like with indoor. Instead, you and your partner will be busy creating a strategic game plan!

What Beach Programs are offered this Fall?

Fall Beach

- \$350 (2 Payments of \$175 due Sept. 18th & Oct. 16th)
- 2 Sessions Per Week
- 1.5 hours each session
- 9 Weeks
- September 18th - November 16th
- Includes long-sleeve training shirt and training shorts

Schedule:

Choose 2 sessions to attend regularly.

Sundays 6 - 7:30 pm

Mondays 6 - 7:30 pm

Wednesdays 6 - 7:30 pm

* Fall sessions are shorter due to the players being in school.

Drop-in Option = \$27 per 1.5 hour training session if you want to attend when you can. This option is here if you cannot commit to the 9 weeks of Training. We will make arrangements each week to determine which sessions you want to attend the following week.

How do I find a partner to play with?

You are not required to sign up for sand training with a partner. There will be lots of athletes looking for partners and you will have the opportunity to play with different partners at practices and tournaments if you choose to play in any. It is important that you find a partner that you work well with in a game situation and we will guide you in this process if needed.

Can I just do the Training? Do I have to play in tournaments?

Yes, you can just do the training! Tournaments are for those of you who want to really challenge yourself in a game situation. It is highly recommended that you play in at least 1 just so you can see the benefits as well, and it’s pretty fun!

We will be doing some scrimmaging (mini tournaments and other game-like drills) during training, but playing in tournaments is your choice. If you want to play in a tournament, you will need to register you and your partner for tournaments as you see fit. Tuition does not cover any tournament costs because they are optional. Also, the costs and locations vary by tournament: anywhere from \$30 to \$60 per player, which are offered in SA, Austin, Dallas, Houston, South Padre, Galveston. We will provide a complete list of tournaments for our players who register for beach training.

What should I bring to practice?

Water, sunscreen, flip flops, sunglasses, towel, mosquito repellent, sand socks, ball cap or sun-visor

What should I wear to practice?

You will be doing core exercises in addition to drills at each practice so it is important that you wear clothes that are light weight, comfortable and easy to move in. Spandex, shorts, sports bra and a t-shirt are good on summer days. During the cooler months, it is a good idea to wear light weight, warm clothing. Athletes may not practice in string bikinis.

What are the uniform requirements in a beach tournament?

Although it is not required we do ask that you wear your LV tanks or t-shirts.

What division should I sign up for in a tournament?

You are required to follow the 2018 Beach Age Division guidelines as follows:

18U – Born on or after September 1, 1999 or born on or after September 1, 1998 and a high school student in the 12th grade or below during some part of the current academic year

16U – Born on or after September 1, 2001

15U – Born on or after September 1, 2002

14U – Born on or after September 1, 2003

12U – Born on or after September 1, 2005

The age division you sign up for will go by the oldest of the pair. You may play up in any age division at any tournament.

You do not have to “win” a tournament in your age division in order to play up.

Who refs at your tournaments?

Athletes will be refereeing and need to be familiar with USAV Beach Rules. We will teach them to you during Beach Training.

How are beach and indoor different?

In beach, you and your partner are in total control of your own game, calling your own time outs, and making all strategy decisions. You will learn all the rules, the ins and outs of running your own game, and much more at practice. Games are 1 set to 21 (usually).

How are beach and indoor skills different?

We will teach all players the few things that are different, one difference is that the ball may not “rotate/spin” at all when it is set. Another is that you may not open-hand tip, it will need to be poked by your knuckle or a roll shot is good. Also, if there is a touch on the block, that is considered 1 of the team’s 3 contacts, whereas in indoor, the team may have 3 contacts after a touch on the block. No re-toss on the serve.

Is the court the same size?

No, because there are only 2 players on the court, the court is smaller by a little over 3 feet. 26’ 3”, as compared to indoor being 29’ 6”.

Do I have to have a membership to participate in tournaments?

Yes, all athletes that participate in sanctioned events must be current members of event host. There is AAU, AVP, and USAV. USAV membership will be paid by La Vernia Volleyball Club if you play indoor this coming season.

Can I get a scholarship to play Beach Volleyball in college?

Yes, Beach Volleyball became a scholarship sport in 2012. Many, many college players play both indoor and beach which sometimes covers their entire college costs.

Can I play in ALL the Junior Olympic qualifiers in Texas?

Yes! If a team that has already qualified in an earlier tournament wins a spot again, the qualifying spot will go to the next team. For example, if the top 2 teams in each division qualify and the 1st place team has already qualified then the qualifying spot goes to the 3rd place team. So, even if you have already qualified, you can still play in other qualifiers.

What if I miss a training session?

If you miss your regular session, you may attend a different training session where there is room. We cannot schedule make-up sessions, so if you are going to miss a session, look at the rest of the beach training schedule and ask your coach about attending a different session to make yours up.

To Register:

Bring Registration Form and down payment to the gym and place it in the blue mail box. Or, bring it to your first Training session. Forms are available at www.laverniavolleyball.com and www.hillsgym.com . Copies are also available at Hill's Gym.

Can I TRY IT first?

Yes ~ You are welcome to attend our first training session to see if you will like it first. If you do, complete the registration, if you do not like the training, no worries, no charge.