

SYNERGY SPORTS

BEACH VOLLEYBALL 2021

Why play Beach Volleyball?

- Beach Volleyball is played most frequently in a doubles format. A player *MUST* become proficient in every skill! There are no pin hitters, Setters, Middle Blockers, Liberos or Defensive Specialists. If your side makes multiple contacts *YOU* will make one of them.
- While the Indoor and Beach games are VERY different, many things learned and developed on the sand will make for a better indoor player! Lateral movements, jumping, and the balance one must have will all make for a faster, stronger, and more prepared indoor player.
- Beach Volleyball is the fastest growing NCAA women's sport for all time! In addition to the more than 150 colleges currently offering Beach Volleyball as a Varsity Sport, 74 more schools have committed to adding women's beach volleyball by 2024. There could be a scholarship available for you. The top ranked team in the country two years ago was a pair of sisters from UCLA who are 5'9" - you don't have to be a giant to play Beach!
- It is all about you and your partner! There is little in match coaching allowed at tournaments, and there is no bench. It is just the teams, the elements, and the ball...**GO HAVE FUN!**
- Let's face it...there is nothing wrong with hanging out in the sand with the wind in your hair and the sun on your back!

This is the 2nd year that Synergy has offered Beach Volleyball!!

Youth Beach (Boys & Girls entering 5th-8th grade):

The **Youth Beach** program is for boys and girls who may have played some matches for fun, but haven't had much official training in the sport before. We will introduce the rules of Beach Volleyball, work on learning to move in the sand, and develop the "all around player" since each and every skill is important to be successful. NO partner needed to register for the **Youth Beach** program.

High School Beach (Boys & Girls entering 9th-12th grade):

The **High School Beach** program is designed to continue to help develop the player defensively and to improve all the shots that will be needed offensively as well as helping the players develop "winning strategies" in the sand game. Players will spend time working on every skill from first contact to the termination of the point! NO partner needed to register for the **High School Beach** program..

When & Where:

June 15th - August 12th (No practice the week of July 5th) at [Andrews Park Volleyball Courts](#)

Youth Beach: Tuesday and Thursday from 9:00-10:30a

High School Beach: Tuesday and Thursday 10:30a-12:00p

Cost:

\$250 for all sessions (Busy schedule? You may want to consider one of our other options.)

\$150 for 8 sessions (Can be used anytime throughout the summer.)

\$20 per session (You do not need to pre-register, just pay at the courts.)

Email our Beach Coordinator, Kevin Raap, at beach@synergysportsvb.com with questions.