

Diablo VBC – Beach Volleyball



Updated 8/3/2020

Diablo will be running a Beach Volleyball Program for the 2020 Summer Season. Listed below is the information. If you wish to join, please email us at diablovbc@yahoo.com. Or call 925 451-6581

Beach Volleyball Program Mission Statement:

The Diablo Valley Volleyball Beach Program mission is to provide the local volleyball community with the following:

- An environment to develop an *interest* and *passion* for the game of beach volleyball.
- Learn how to form a mindset built on how to *communicate*, *compete*, and *collaborate* with others.
- Opportunities to develop *all* volleyball skills from basic to advanced skills & techniques of the beach game.
- *Have fun* growing as a person, working with a partner/team, and enjoying the outdoors!

Why Beach Volleyball!!!???

Beach volleyball provides athletes two key differences than the indoor game does; you touch the ball *over twice* as much as the indoor game - go figure, there are only two of you on the court - and *all* volleyball skills must be developed to be at your best. Those two factors alone provide the chance to improve twice as fast at the beach game. Playing in the sand is a more challenging cardiovascular exercise that improves conditioning and enhances your ability to adapt the body and mind connection due to constantly changing conditions around you and beneath your feet!

Check out these two articles with to read more in depth about [benefits of playing beach volleyball](#) and [outdoor activities](#)!

Diablo VBC – Beach Volleyball

Program Details

Lead Coaches

- Nick Kalustian/Dave Lapitan – Boys – 8th to 12th Grade – Fall 2020
- Sean Stratton/TBA – Girls – 8th to 12th Grade – Fall 2020

Dates/Times – **See below for exact schedule for each clinic – Boys Page 4, Girls Page 5**

Location – Heather Farms Park (**Bathrooms will be open next to the pool entrance**)

- 1750 Heather Drive, Walnut Creek

Cost – Waiver and payments will be sent to Diablo VBC and not given to coaches.

- \$830 per player

A refund will only be given if your session needs to be cancelled due state/city/county guidelines

If the weather does not permit us to play, we will reschedule a clinic day to another date.

Max of 12 players per clinic – **The best situation is for you to have a partner to sign up with. If you are looking for a partner and want us to keep an eye out for one, please let us know right away.**

Price Includes

- Quality instruction
- 2 practices per week
- 2 T-shirts
- Rental of Sand Courts
- Insurance

Not Included but Strongly Suggested - Additional Cost

- Sunglasses, hat
- Sun Screen
- Sand Socks
- Volleyball
- Bring a lot of your own water to drink

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At this point the sand tournaments are postponed or cancelled due to Covid-19 in the region. If something changes, we will let you know.

If it does open up, here is some additional information about tournaments. The cost for the NCVA tournament can be around \$80 to \$100 per team per tournament. The cost for the CBVA tournament can be around \$60 per team per tournament. You will need to register for those tournaments on your own. Diablo VBC will provide a link for you to sign up via email. Prices for entry fees are subject to change.

- Tournaments that coaches will attend – TBA
- NCVA - TBA
- CBVA - TBA

Diablo VBC will have volleyballs for practices.

If you wish to order sand socks or volleyballs you can go to www.volleyhut.com

To sign up please email us at Diablovbc@yahoo.com

Go Diablo!!!

Sean and Teresa Stratton

925 451-6581

diablovbc@yahoo.com

Boys Beach Schedule – August, September and October

- Wednesday, August 26 – 5:00 pm to 7:00 pm
- Saturday, August 29 – 9:00 am to 11:00 am
- Wednesday, September 2 – 5:00 pm to 7:00 pm
- Wednesday, September 9 – 5:00 pm to 7:00 pm
- Saturday, September 12 – 9:00 am to 11:00 am
- Wednesday, September 16 – 5:00 pm to 7:00 pm
- Saturday, September 19 – 9:00 am to 11:00 am
- Wednesday, September 23 – 5:00 pm to 7:00 pm
- Saturday, September 26 – 9:00 am to 11:00 am
- Wednesday, September 30 – 5:00 pm to 7:00 pm
- Saturday, October 3 – 9:00 am to 11:00 am
- Wednesday, October 7 – 5:00 pm to 7:00 pm
- Saturday, October 10 – 9:00 am to 11:00 am
- Wednesday, October 14 – 5:00 pm to 7:00 pm
- Saturday, October 10⁷ – 9:00 am to 11:00 am
- Wednesday, October 21 – 5:00 pm to 7:00 pm
- Saturday, October 24 – 9:00 am to 11:00 am
- Wednesday, October 28 – 5:00 pm to 7:00 pm
- Saturday, October 31 – 9:00 am to 11:00 am

\$830 per player

Girls Beach Schedule – August, September and October

- Monday, August 24 – 5:00 pm to 7:00 pm
- Friday, August 28 – 4:15 pm to 6:15 pm
- Monday, August 31 – 5:00 pm to 7:00 pm
- Friday, September 11 – 5:00 pm to 7:00 pm
- Monday, September 14 – 5:00 pm to 7:00 pm
- Friday, September 18 – 5:00 pm to 7:00 pm
- Monday, September 21 – 5:00 pm to 7:00 pm
- Friday, September 25 – 5:00 pm to 7:00 pm
- Monday, September 28 – 5:00 pm to 7:00 pm
- Friday, October 2 – 4:15 pm to 6:15 pm
- Monday, October 5 – 5:00 pm to 7:00 pm
- Friday, October 9 – 4:15 pm to 6:15 pm
- Monday, October 12 – 5:00 pm to 7:00 pm
- Friday, October 16 – 4:15 pm to 6:15 pm
- Monday, October 19 – 5:00 pm to 7:00 pm
- Friday, October 23 – 4:15 pm to 6:15 pm
- Monday, October 26 – 5:00 pm to 7:00 pm
- Friday, October 30 – 4:15 pm to 6:15 pm
- Saturday, November 7, 9:00 am to 11:00 am

\$830 per player

Diablo Valley Volleyball Club

Additional items for guidelines of return to play (Subject to change) – Form B

Coaches Guidelines

- Coaches will sanitize the volleyballs and equipment before and after use of each clinic
- Coaches will wear a mask while at the venue (During in instruction coaches may lower their masks in order to give clear directions)
- Coaches will be screened prior to each camp. Coaches will screen the athletes prior to camp
- Maintain a 6' distance whenever possible (Keep personal items 6's away from other athletes)
- Coaches will stay home if they are feeling sick
- Wash and sanitize hands frequently
- Coaches will do their best to keep the athletes safe and healthy
- Coaches will send a temperature each day to the club director
- Abide by USA Volleyball, NCVA, State, City, and County Guidelines

Athlete guidelines

- Athletes will wear a face mask to the venue
- During the activity the athletes may choose not to play with a mask
- Maintain a 6' distance whenever possible (Keep personal items 6's away from other athletes)
- Athletes will stay home if they are feeling sick (Please contact the coach to let them know)
- Wash and sanitize hands frequently (Please bring your own sanitizer each day)
- Temperatures will be taken daily before the start of the clinic
- Abide by USA Volleyball, NCVA, State, City, and County Guidelines

Parent guidelines

- Parents will wear face mask to the venue and while at the venue
- Maintain a 6' distance whenever possible
- Parents will stay home if they are feeling sick
- Wash and sanitize hands frequently (Please bring your own sanitizer each day)
- Venues may give us specific advice on the location of where parents are able to observe
- A refund will only be given if your session needs to be cancelled due state/city guidelines
- Abide by USA Volleyball, NCVA, State, City, and County Guidelines

These guidelines are provided for general informational purpose only and are not intended as, or should be relied upon as, specific medical or legal advice. All athletes are strongly encouraged to seek advice from a qualified medical personnel and /or public health officials for medical advice. If you use any considerations provided herein, you do so at your own risk and specifically release from any and all liability from Diablo Valley Volleyball Club, and their directors, officers, employees, volunteers and agents in connection with your use of the enclosed guidelines.