

Diablo VBC – Beach Volleyball



Updated 3/5/2020

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](#)!

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Program Details

Lead Coaches

- Nick Kalustian/Dave Lapitan – Boys High School – Fall 2020
- Mariah Christensen/Nick Kalustian – Girls High School – Fall 2020
- Jeff Lee/Kimya Peyvn – Boys and Girls Middle School (7 and 8 Grade) – Fall 2020

Player/Parent meeting – Wednesday, May 13th – 6:30 pm – Tice Valley Gym (Subject to change)

Dates/Times – **See below for exact schedule for each clinic**

Location – Northgate High School Sand Courts

- 425 Castle Rock Rd, Walnut Creek 94598

Cost – Tournaments are not included/Payment must be received 7 days prior to the first practice

- \$550 per player (Girls High School)
- \$550 per player (Boys and Girls Middle School)
- \$525 per player (Boys High School)

In the event that we are unable to run the beach program due to the Covid-19, we will send you a full refund.

Max of 14 players per clinic – First Come, First Serve – We will provide a waitlist!!!

- Girls High School – 9th to 12th grade – Fall 2020
- Boys High School – 9th to 12th grade – Fall 2020
- Boys and Girls Middle School – 7th and 8th grade – Fall 2020

Price Includes

- Quality instruction
- 2 practices per week
- 2 Dri-Fit T-shirts
- 2 Tournament Dri-Fit tank tops
- Rental of Sand Courts
- Insurance

Not Included but Strongly Suggested - Additional Cost

- Sunglasses, hat
- Sun Screen
- Sand Socks (Will be available for purchase at additional cost)
- Volleyball (Will be available for purchase at additional cost)

Memberships

- If you played with a club for the past season in the NCVA, you will not need to get a membership
- If you did not play with a club for the past season in the NCVA, the membership is \$20.00
- If you plan to play in the CBVA tournaments, the membership is \$25.00

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Coaches will be only at certain tournaments to help players. We know that the summer schedule is different for everyone but we want to make sure you know the tournaments that coaches plan to attend. 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 - <https://ncva.com/outdoor/outdoor-info/outdoor-event-info/>
- CBVA - <https://cbva.com/>

You can select your own partner or we will pick a partner that will be of similar skill

Diablo VBC will have volleyballs for practices. You will need provide a ball for your tournament dates. You will have an opportunity to purchase a ball at the beginning of the season through Diablo VBC. The cost is \$36.00 (Subject to change)

Sand socks are highly suggested. We will have a size run for you to try on at the first practice. If then can order them through Diablo VBC for an additional cost. The cost is \$20.00 (Subject to change).

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

Go Diablo!!!

Sean and Teresa Stratton

925 451-6581

diablovbc@yahoo.com

Diablo Volleyball – Beach

Boys High School Practice Schedule

Date	Location	Start Time	End Time
Tuesday, May 19, 2020	Northgate	5:30 PM	7:30 PM
Saturday, May 30, 2020	Northgate	9:30 AM	11:30 AM
Tuesday, June 2, 2020	Northgate	5:30 PM	7:30 PM
Saturday, June 6, 2020	Northgate	9:30 AM	11:30 AM
Tuesday, June 9, 2020	Northgate	5:30 PM	7:30 PM
Saturday, June 13, 2020	Northgate	9:30 AM	11:30 AM
Tuesday, June 16, 2020	Northgate	5:30 PM	7:30 PM
Saturday, June 20, 2020	Northgate	9:30 AM	11:30 AM
Saturday, June 27, 2020	Northgate	9:30 AM	11:30 AM
Tuesday, July 7, 2020	Northgate	5:30 PM	7:30 PM
Saturday, July 11, 2020	Northgate	9:30 AM	11:30 AM
Tuesday, July 14, 2020	Northgate	5:30 PM	7:30 PM
Saturday, July 18, 2020	Northgate	9:30 AM	11:30 AM
Tuesday, July 21, 2020	Northgate	5:30 PM	7:30 PM
Saturday, July 25, 2020	Northgate	9:30 AM	11:30 AM

Subject to change and weather permitting

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Girls High School Practice Schedule

Monday, May 18, 2020	Northgate	5:30 PM	7:30 PM
Wednesday, May 20, 2020	Northgate	5:30 PM	7:30 PM
Monday, May 25, 2020	Northgate	5:30 PM	7:30 PM
Wednesday, May 27, 2020	Northgate	5:30 PM	7:30 PM
Monday, June 1, 2020	Northgate	5:30 PM	7:30 PM
Wednesday, June 3, 2020	Northgate	5:30 PM	7:30 PM
Monday, June 8, 2020	Northgate	5:30 PM	7:30 PM
Wednesday, June 10, 2020	Northgate	5:30 PM	7:30 PM
Monday, June 15, 2020	Northgate	5:30 PM	7:30 PM
Wednesday, June 17, 2020	Northgate	5:30 PM	7:30 PM
Monday, June 22, 2020	Northgate	5:30 PM	7:30 PM
Wednesday, June 24, 2020	Northgate	5:30 PM	7:30 PM
Monday, July 6, 2020	Northgate	5:30 PM	7:30 PM
Wednesday, July 8, 2020	Northgate	5:30 PM	7:30 PM
Monday, July 13, 2020	Northgate	5:30 PM	7:30 PM
Wednesday, July 15, 2020	Northgate	5:30 PM	7:30 PM
Monday, July 20, 2020	Northgate	5:30 PM	7:30 PM
Wednesday, July 22, 2020	Northgate	5:30 PM	7:30 PM

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Boys and Girls Middle School Practice Schedule

Monday, May 18, 2020	Northgate	4:00 PM	5:30 PM
Wednesday, May 20, 2020	Northgate	4:00 PM	5:30 PM
Monday, May 25, 2020	Northgate	4:00 PM	5:30 PM
Wednesday, May 27, 2020	Northgate	4:00 PM	5:30 PM
Monday, June 1, 2020	Northgate	4:00 PM	5:30 PM
Wednesday, June 3, 2020	Northgate	4:00 PM	5:30 PM
Monday, June 8, 2020	Northgate	4:00 PM	5:30 PM
Wednesday, June 10, 2020	Northgate	4:00 PM	5:30 PM
Monday, June 15, 2020	Northgate	4:00 PM	5:30 PM
Wednesday, June 17, 2020	Northgate	4:00 PM	5:30 PM
Monday, June 22, 2020	Northgate	4:00 PM	5:30 PM
Wednesday, June 24, 2020	Northgate	4:00 PM	5:30 PM
Monday, July 6, 2020	Northgate	4:00 PM	5:30 PM
Wednesday, July 8, 2020	Northgate	4:00 PM	5:30 PM
Monday, July 13, 2020	Northgate	4:00 PM	5:30 PM
Wednesday, July 15, 2020	Northgate	4:00 PM	5:30 PM
Monday, July 20, 2020	Northgate	4:00 PM	5:30 PM
Wednesday, July 22, 2020	Northgate	4:00 PM	5:30 PM

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