

# Diablo VBC – Beach Volleyball



Updated 2/15/2022

Diablo will be running a Beach Volleyball Program for the 2022 Summer Season. Listed below is the information. If you wish to join, please email us at [diablovbc@yahoo.com](mailto: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

- Alexis Hammer/Rylee Chilson/Kenna Moran – Girls High School
- Shaina Steinberg/Rylee Chilson/Kenna Moran – Boys High School
- TBA/Rylee Chilson/Kenna Moran - Middle School boys and girls

Player/Parent meeting – Monday, May 9th – Time 7 pm (Via Zoom) – Subject to change

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

Location – Heather Farms Community Park

- 301 N. San Carlos Drive, Walnut Creek, 94596

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

- \$775 per player (Girls High School)
- \$775 per player (Boys High School)
- \$620 per player (Boys and Girls Middle School)

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

Max of 10 players per clinic – **Having your own partner works best to sign up**

- Girls High School – 9<sup>th</sup> to 12<sup>th</sup> grade – Spring 2022
- Boys High School – 9<sup>th</sup> to 12<sup>th</sup> grade – Spring 2022
- Boys and Girls Middle School – 7<sup>th</sup> and 8<sup>th</sup> grade – Spring 2022

#### 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
- Volleyball
- Bring a lot of your own water to drink

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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 – Still waiting for schedule
- CBVA – TBA – Still waiting for schedule

Diablo VBC will have volleyballs for practices

### Clinic Dates and Times

#### Girls High School

Date	Start	End
Monday, May 16, 2022	5:00 PM	7:00 PM
Wednesday, May 18, 2022	5:00 PM	7:00 PM
Monday, May 23, 2022	5:00 PM	7:00 PM
Wednesday, May 25, 2022	5:00 PM	7:00 PM
Wednesday, June 1, 2022	5:00 PM	7:00 PM
Monday, June 6, 2022	5:00 PM	7:00 PM
Wednesday, June 8, 2022	5:00 PM	7:00 PM
Monday, June 13, 2022	10:00 AM	12:00 PM
Wednesday, June 15, 2022	10:00 AM	12:00 PM
Monday, June 20, 2022	10:00 AM	12:00 PM
Wednesday, June 22, 2022	10:00 AM	12:00 PM
Monday, June 27, 2022	10:00 AM	12:00 PM
Wednesday, June 29, 2022	10:00 AM	12:00 PM
Monday, July 11, 2022	10:00 AM	12:00 PM
Wednesday, July 13, 2022	10:00 AM	12:00 PM
Monday, July 18, 2022	10:00 AM	12:00 PM
Wednesday, July 20, 2022	10:00 AM	12:00 PM
Monday, July 25, 2022	10:00 AM	12:00 PM
Wednesday, July 27, 2022	10:00 AM	12:00 PM

## Boys High School

Date	Start	End
Tuesday, May 17, 2022	5:00 PM	7:00 PM
Thursday, May 19, 2022	5:00 PM	7:00 PM
Tuesday, May 24, 2022	5:00 PM	7:00 PM
Thursday, May 26, 2022	5:00 PM	7:00 PM
Tuesday, May 31, 2022	5:00 PM	7:00 PM
Thursday, June 2, 2022	5:00 PM	7:00 PM
Tuesday, June 7, 2022	5:00 PM	7:00 PM
Thursday, June 9, 2022	5:00 PM	7:00 PM
Tuesday, June 14, 2022	10:00 AM	12:00 PM
Thursday, June 16, 2022	10:00 AM	12:00 PM
Tuesday, June 21, 2022	10:00 AM	12:00 PM
Thursday, June 23, 2022	10:00 AM	12:00 PM
Tuesday, June 28, 2022	10:00 AM	12:00 PM
Thursday, June 30, 2022	10:00 AM	12:00 PM
Tuesday, July 12, 2022	10:00 AM	12:00 PM
Thursday, July 14, 2022	10:00 AM	12:00 PM
Tuesday, July 19, 2022	10:00 AM	12:00 PM
Thursday, July 21, 2022	10:00 AM	12:00 PM
Tuesday, July 26, 2022	10:00 AM	12:00 PM
Thursday, July 28, 2022	10:00 AM	12:00 PM

## Middle School – Boys and Girls 7<sup>th</sup> and 8<sup>th</sup> Grade

Date	Start	End
Tuesday, June 14, 2022	12:00 PM	2:00 PM
Thursday, June 16, 2022	12:00 PM	2:00 PM
Tuesday, June 21, 2022	12:00 PM	2:00 PM
Thursday, June 23, 2022	12:00 PM	2:00 PM
Tuesday, June 28, 2022	12:00 PM	2:00 PM
Thursday, June 30, 2022	12:00 PM	2:00 PM
Tuesday, July 12, 2022	12:00 PM	2:00 PM
Thursday, July 14, 2022	12:00 PM	2:00 PM
Tuesday, July 19, 2022	12:00 PM	2:00 PM
Thursday, July 21, 2022	12:00 PM	2:00 PM
Tuesday, July 26, 2022	12:00 PM	2:00 PM
Thursday, July 28, 2022	12:00 PM	2:00 PM

To sign up please email us at [Diablovbc@yahoo.com](mailto:Diablovbc@yahoo.com)

Go Diablo!!!

Sean and Teresa Stratton

925 451-6581