

# Diablo VBC – Beach Volleyball



Updated 2/21/2023

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

- Kenna Moran/Rylee Chilson/Brett Hillyard – Girls High School
- Kenna Moran/Rylee Chilson/Brett Hillyard – Boys High School
- Kenna Moran/Rylee Chilson/Brett Hillyard- Middle School boys and girls

Dates/Times – **See below for exact schedule for each clinic (Subject to change**

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.

- \$740 per player (Girls High School)
- \$690 per player (Boys High School)
- \$725 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 2023
- Boys High School – 9<sup>th</sup> to 12<sup>th</sup> grade – Spring 2023
- Boys and Girls Middle School – 7<sup>th</sup> and 8<sup>th</sup> grade – Spring 2023

#### Price Includes

- Quality instruction
- 2 practices per week
- 2 Practice T-shirts/1 Tournament Dri-Fit tank tops
- Insurance

For full details on schedule please visit our website or email us at [diablovbc@yahoo.com](mailto:diablovbc@yahoo.com)

Not Included but Strongly Suggested - Additional Cost –

- Sunglasses, hat
- Sunscreen
- 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	Location	Start	End
Tuesday, May 23, 2023	Heather Farms	5:00 PM	7:00 PM
Thursday, May 25, 2023	Heather Farms	5:00 PM	7:00 PM
Tuesday, May 30, 2023	Heather Farms	5:00 PM	7:00 PM
Thursday, June 1, 2023	Heather Farms	5:00 PM	7:00 PM
Tuesday, June 6, 2023	Heather Farms	11:00 AM	12:45 PM
Thursday, June 8, 2023	Heather Farms	11:00 AM	12:45 PM
Tuesday, June 13, 2023	Heather Farms	11:00 AM	12:45 PM
Thursday, June 15, 2023	Heather Farms	11:00 AM	12:45 PM
Tuesday, June 20, 2023	Heather Farms	11:00 AM	12:45 PM
Thursday, June 22, 2023	Heather Farms	11:00 AM	12:45 PM
Tuesday, June 27, 2023	Heather Farms	11:00 AM	12:45 PM
Thursday, June 29, 2023	Heather Farms	11:00 AM	12:45 PM
Tuesday, July 11, 2023	Heather Farms	11:00 AM	12:45 PM
Thursday, July 13, 2023	Heather Farms	11:00 AM	12:45 PM
Tuesday, July 18, 2023	Heather Farms	11:00 AM	12:45 PM
Thursday, July 20, 2023	Heather Farms	11:00 AM	12:45 PM
Friday, July 21, 2023	Heather Farms	TBA	TBA

## Girls/Boys Middle School

<b>Date</b>	<b>Location</b>	<b>Start</b>	<b>End</b>
Monday, May 22, 2023	Heather Farms	5:00 PM	7:00 PM
Wednesday, May 24, 2023	Heather Farms	5:00 PM	7:00 PM
Wednesday, May 31, 2023	Heather Farms	5:00 PM	7:00 PM
Monday, June 5, 2023	Heather Farms	9:00 AM	10:45 AM
Wednesday, June 7, 2023	Heather Farms	9:00 AM	10:45 AM
Monday, June 12, 2023	Heather Farms	9:00 AM	10:45 AM
Wednesday, June 14, 2023	Heather Farms	9:00 AM	10:45 AM
Monday, June 19, 2023	Heather Farms	9:00 AM	10:45 AM
Wednesday, June 21, 2023	Heather Farms	9:00 AM	10:45 AM
Monday, June 26, 2023	Heather Farms	9:00 AM	10:45 AM
Wednesday, June 28, 2023	Heather Farms	9:00 AM	10:45 AM
Monday, July 10, 2023	Heather Farms	9:00 AM	10:45 AM
Wednesday, July 12, 2023	Heather Farms	9:00 AM	10:45 AM
Monday, July 17, 2023	Heather Farms	9:00 AM	10:45 AM
Wednesday, July 19, 2023	Heather Farms	9:00 AM	10:45 AM
Friday, July 21, 2023	Heather Farms	TBA	TBA

## Boys High School

<b>Date</b>	<b>Location</b>	<b>Start</b>	<b>End</b>
Tuesday, June 6, 2023	Heather Farms	9:00 AM	10:45 AM
Thursday, June 8, 2023	Heather Farms	9:00 AM	10:45 AM
Tuesday, June 13, 2023	Heather Farms	9:00 AM	10:45 AM
Thursday, June 15, 2023	Heather Farms	9:00 AM	10:45 AM
Tuesday, June 20, 2023	Heather Farms	9:00 AM	10:45 AM
Thursday, June 22, 2023	Heather Farms	9:00 AM	10:45 AM
Tuesday, June 27, 2023	Heather Farms	9:00 AM	10:45 AM
Thursday, June 29, 2023	Heather Farms	9:00 AM	10:45 AM
Tuesday, July 11, 2023	Heather Farms	9:00 AM	10:45 AM
Thursday, July 13, 2023	Heather Farms	9:00 AM	10:45 AM
Tuesday, July 18, 2023	Heather Farms	9:00 AM	10:45 AM
Thursday, July 20, 2023	Heather Farms	9:00 AM	10:45 AM
Friday, July 21, 2023	Heather Farms	TBA	TBA

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

Go Diablo!!!

Sean and Teresa Stratton

925 451-6581