

Instinct VBC Beach Program

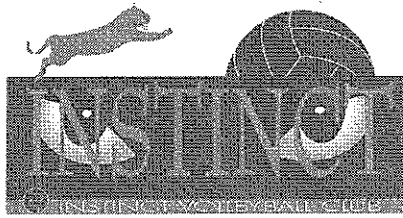
- Beach Volleyball is a great way to improve the indoor game
 - Fundamentals -- have to be able to do all skills because there is only 2 on the court
 - Conditioning -- have you ever tried to move in sand :-)
 - More touches -- because there are only 2 on the court, you will get more touches on the ball than in an indoor game

- NCAA Sport
 - It is official that Beach Volleyball will become an NCAA sport
 - College scholarships will begin to be offered for Beach volleyball
 - Some colleges will have separate beach programs
 - Most colleges will initially use indoor players in their beach programs
 - Cost of building facilities
 - Cost of acquiring capable professionals to run a beach program

- Instinct Beach Program
 - Will be offered with the same passion as the indoor program
 - Expertise -- Cilene admitted that beach is not her expertise but has lined up the best in the world that will provide consultation, coach training, and player training
 - As in the indoor program, there will be a master plan for the players with regards to their beach development

- New Wave Program
 - Partnered with Todd Rogers to start a mini-volleyball beach program for 6-11 year olds.
 - Will start locally, and then expand across the nation and then the world.
 - May 15th clinic will kick this program off
 - Cost for kick off clinic is \$ 35
 - Groups forming for June, July, August – cost \$ 145 for 4 sessions

- Tiger Sharks Program
 - This program will train 12-20 year olds in the beach skills & tactics
 - Will be held at the Yucatan Facility
 - May 17 - July 27
 - Monday, Tuesday, Wednesday, Thursday 9:30 - 11:30
 - Chose the early morning times to avoid the sun & heat as well as the bar issue at Yucatan
 - During May since the girls are still in school, the times will be 4:00 - 6:00
 - During May especially, the attendance is flexible because of differing school release times and other commitments.



- Partners are not required and will likely change throughout the summer simply due to differing summer plans, etc
 - Players will be responsible for signing up for tournaments they wish to play in and the coaches will not be at them
 - Some assistance will be provided in identifying partners if wanted
 - Cost - \$695 full program or \$ 399 for 10 sessions
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- Todd Rogers Clinic
 - May 15th 1:30 - 4:30 pm
 - Yucatan
 - \$145 for the Beach Clinic or \$ 125 if you also sign up for the Tiger Sharks Program
 - A chance to learn basics from Todd -- some evaluation will be performed
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- Why Instinct?
 - High quality coaching & training
 - 4-5 hours of training per week
 - College recruiting network

This program is open to non-Instinct players as well. There is information available from the link on the Instinct website. The registration for these things can be done from there as well.