

2018 SPVB Sand Program

Thank you for considering the Sports Performance Sand Program as a critical tool for player development in the summer of 2018. Our core values of disciplined training in a fast-paced, unique environment is paramount to our program.



In the 2018 season, we will be offering two programs to maximize the development of all athletes, regardless of skill or experience.

All Programs will be practicing at the East Side Sports Complex (3565 Legacy Blvd, St. Charles, IL 60174)



SPVB Junior Sand Volleyball Development:

- **Ages:** Athletes entering 8th grade & younger
- **Practice Hours:** Tue/Thu/Fri (12pm-2pm)
- **Season Length:** 5 weeks
 - Girl's Season (7/2 - 8/3)
 - Boy's Season (7/16 - 8/17)
- **Cost:** \$300

An all skills sand volleyball program designed for athletes of all experience with the desire to improve their ball control and athleticism to take their game to the next level.



SPVB Varsity Sand Volleyball Program:

- **Ages:** Athletes entering 8th grade & up
- **Practice Hours:** Tue/Thu/Fri (2pm-4pm)
- **Season Length:** 5 weeks
 - Girl's Season (7/2 - 8/3)
 - Boy's Season (7/16 - 8/17)
- **Cost:** \$350 (includes jersey rental)

The Competition Team is designed for athletes with interest in tactical and strategic development. Athletes should expect to work on technical ability and receive game-like repetitions and training during practice. Pairs may sign up as a team to train and compete together or individuals may be paired through our program to compete in competitions at their own pace.

Sand Program registration can be found under the Programs tab at greatlakescenter.com Further questions about the SPVB Sand Program can be directed to Program Director, Stephen Hewitt, at sandvb@greatlakescenter.com