

# 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 sand specific training in a fast-paced, unique environment is head and shoulders above the competition.



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



## **SPVB Junior Sand Volleyball Development:**

- **Ages:** Athletes entering 8<sup>th</sup> grade & younger
- **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:** \$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 9<sup>th</sup> grade & up
- **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:** \$350

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](http://greatlakescenter.com) Further questions about the SPVB Sand Program can be directed to Program Director, Stephen Hewitt, at [sandvb@greatlakescenter.com](mailto:sandvb@greatlakescenter.com)**