



Q: When and where are the A5 Beach information meetings?

A: There will be 2 A5 Beach information meetings. Details about the Beach program will not be presented at the indoor information meetings. Informational sessions for the 2018-19 A5 Beach Season will be held at MedAssets Auditorium (100 North Point Center E #200, Alpharetta) on the following dates:

- September 26 (Wednesday) at 7:00 pm
- October 7 (Sunday) at 6:00 pm

You do not need to attend both sessions just pick the one that works best with your schedule.

Q: When and where are the A5 Beach tryouts?

A: There will be 3 A5 Beach tryout dates. Tryouts for the 2018 A5 Beach Season will be held at the locations listed below:

- Atlanta Pro Courts 1720 Old Milton Parkway Alpharetta, GA (across from Wills Park) on
 - October 7, 2018 (Sunday) 2-5pm
 - October 28, 2018 (Sunday) 2-5pm
 - November 5, 2018 (Monday) 6-8pm

Cost of tryouts is \$40 (plus processing fees). You do not need to attend all tryouts unless the coaches specifically ask you to attend another session.

[Link to registration page](#)

Q: What should I bring to tryouts?

A: You will need to bring your completed and signed USAV Medical Release Form and the completed A5 2018 Waiver. You will also need to register with the Southern Regional Volleyball Association as an OUTDOOR Player. Registration is set to open around September 19, 2016.

2018-19 USAV Medical Form (you do not need to have it notarized, A5 will complete)

[SRVA Online Registration](#) (Sign up as an OUTDOOR/REC player if you are only trying out and planning to play beach)

Make sure to wear comfortable clothes. Players should wear bathing suit bottoms/leggings, sports bra and/or t-shirt/tank top (depending on weather). You should also bring water, sunscreen and sunglasses. There are outdoor showers if you would like to rinse off, don't forget a towel.

Q: What should I expect at tryouts?

A: Registration desk opens 1 hour prior to the start of the tryout. Plan on arriving in time to turn in paperwork and warm up. We will be doing various drills to evaluate your skills including: passing, serving, setting, hitting, blocking, overall ball handling, defense and offense. The drills will be demonstrated prior to the start of each one to help those players that are new to sand volleyball.

Q: What are the team formats (types of programs) for the 2018 Season?

A: We have 3 types of programs/teams:



Year-Round National:

- The National team is for athletes who are able and want to compete/practice at a national level. Players and families are willing to travel and compete with some of the best teams in the country. Athletes who aspire to play in college. Athletes will be competing in tournament(s) and attending college camp(s). The location for the 2018 USAV Nationals has not yet been determined, but athletes should plan on attending (likely to be in Siesta Key, FL or Manhattan Beach, CA). The National team should plan on attending Rox Nationals, which will be held at RallyVB in Emerson, GA. Season runs from November through the end of July.

Regional:

- The Regional teams are for athletes who want to play competitively, but do not want the more rigorous practices/competition. Athletes should consider going to nationals and compete if they earn a bid. The tournaments for this team will be a mix of regional (Florida, Tennessee and/or North Carolina) and local venues. The Regional teams should consider attending Rox Nationals, which will be held at RallyVB in Emerson, GA. Season runs from January into June.

Seasonal:

- Athletes will learn the basics of beach volleyball and how it differs from indoor. Beach volleyball helps indoor players learn to read hitters better, cover more court space, and is a great workout! There are no mandatory tournaments, but athletes will be encouraged to enter local tournaments. The Spring seasonal program runs from May into July and the Fall seasonal program runs from August into October.

Q: Am I guaranteed a spot on a team or will there be cuts?

A: No one is guaranteed a spot on a team even if they were on a team last year. We would certainly like to have everyone who tries out for A5 Beach make a team, but that may not be possible. The total number of players is dependent on the number of teams fielded. The team structure is based on overall skill set, future goals (i.e. playing in college, rigor of schedule/practices, etc.) and player/family commitment level. If you do not make a year-round team or a regional team, we offer a seasonal program.

Q: When will I know if I made a team and which team I made?

A: Players trying out on October 7th will be notified within 48 hours if they made a team and which team they will be on. There will be some players that may be asked to return to a 2nd tryout in order to make a final decision (if a player is asked to return to the 2nd tryout, they will not be charged for another tryout fee). If you are selected for an A5 Beach team, you will be asked to sign a player/parent commitment form to hold your spot until you and your family sign the official player/parent contract and turn in your deposit.

Q: Can I choose which team I want to play on?

A: No, the A5 Beach coaching staff makes the decisions as to which team a player will be on based on overall skillset, goals, level of commitment (player and family). The coaches will be talking to all the players prior to offering them a position on a team. An exception would be, if the player is offered a spot on a team and they feel that they would not be able to commit to that level, they can then talk to the coaches (prior to making a commitment to a team) to make an adjustment if necessary.



Q: What is the cost of each program and what does it include?

National Team(s):

Estimated cost is \$3,500 - \$4,000

What's included:

- USAV/Impact Certified Coaches
- Compensation for 210+ hours of high-level, beach-specific coached practices
- Beach volleyball organization registration fees (i.e. Southern Region Volleyball Association-SRVA; USAV, AAU and Volley America)
- 12 tournament entry fees (including USAV Nationals and Rox Nationals)
- Compensation for 12 Coached tournaments
- Recruiting seminar/meeting(s)
- Nominal Miscellaneous (website, background checks, certification)
- Court rental fees
- Coaches travel, hotel or food (per diem)

What's NOT included:

- Player Uniform Package (estimate \$175-\$215)
 - 2 practice t-shirts
 - ELITE 9 Dynamic Cover Up Short - Diva Blue-Black (Mizuno)
 - 1/2 Zip Fleece Pullover - Heathered Grey
 - Core Attack Tank (Navy and/or Grey – These are different than previous 2 years)
 - Beach Volleyball [required for anyone that currently does not have one of their own]
 - Microfiber Sports & Travel Towel with Travel Bag & Carabiner 72" x 32"
 - Microfiber Sports & Travel Towel with Travel Bag & Carabiner 32" x 16"
 - Optional (A5 Beach Backpack; A5-branded Lululemon sports bra)
- Player/family travel, hotel or food
- Non-mandatory/elective tournament entry fees
- Team camps (if applicable)

Regional Team(s):

Estimated cost is \$2,800 - \$3,500

What's included:

- USAV/Impact Certified Coaches
- Compensation for beach-specific coached practices
- 3 Beach volleyball organization registration fees (Southern Region Volleyball Association-SRVA; USAV and AAU)
- 7 tournament entry fees
- Compensation for 7 Coached tournaments
- Recruiting seminar/meeting(s)
- Nominal Miscellaneous (website, background checks, certification)
- Court rental fees
- Coaches travel, hotel or food (per diem)

What's NOT included:

- Player Uniform Package (estimate \$175-\$215)
 - 2 practice t-shirts
 - ELITE 9 Dynamic Cover Up Short - Diva Blue-Black (Mizuno)
 - 1/2 Zip Fleece Pullover - Heathered Grey
 - Core Attack Tank (Navy and/or Grey – These are different than previous 2 years)



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Seasonal Program:

Estimated cost for an 8-week session with 1-2 practices per week (depending on option selected) is estimated at \$200 -\$600.

Q: Who are the coaches?

A: The coaching staff for the 2018 season:

- Matt Morris - A5 Beach Program Director and Lead/Head Coach for National/Regional Teams
- Boba Nisavic – Lead/Head Coach for Regional Teams
- Assistant Coach(es) - TBD

Q: When does the season start and how long does it last?

A: The A5 season (indoor and beach) officially starts on Commitment Night. All players will need to attend and bring their signed player/parent contract with a check for \$500, which is your deposit to "hold" your spot for the 2018 season. The season for the National team runs from November 8th through the end of July (Rox Nationals tournament). The season for the Regional teams runs from January into June.

Q: Where will practices be held?

A: All practices will be held at Atlanta Pros Courts/Koza [1720 Old Milton Parkway Alpharetta, GA - this is a private residence across the street from Wills Park].

Q: When does practice start for the National teams?

A: The National teams will start practicing the 1st week of December. The National teams will tentatively practice 3 days per week (specific days TBD) until qualifier season starts. Official practice days/times will be sent out on or before November 18th. Practices include time for conditioning, which is important to build not only strength but stamina to compete at the highest levels and in the heat of the summer.

Q: When does practice start for the Regional teams?

A: The Regional teams will practice 2 days a week (specific days TBD). Practices include time for conditioning, which is important to build strength and stamina. Official practices days/times will be distributed late December.

Q: Which age division will I be eligible for in the 2018 beach season?

Beach Age Definitions – From USA Volleyball

18U Division:

- Players who were born on or after September 1, 2000 or players who were born on or after September 1, 1999 and a high School student (12th grade or below) during some part of the current academic year.



- Players who were born on or after September 1, 2001 [17 and Under Division for Indoor]

16U Division:

- Players who were born on or after September 1, 2002
- Players who were born on or after September 1, 2003 [15 and Under Division for indoor]

14U Division:

- Players who were born on or after September 1, 2004
- Players who were born on or after September 1, 2005 [13 and Under Division for indoor]

12U Division:

- Players who were born on or after September 1, 2006
- Players who were born on or after September 1, 2007 [11 and Under Division for indoor]
- Players who were born on or after September 1, 2008 [10 and Under Division for indoor]

Q: How are partner pairings handled, do I need to sign up with a partner?

A: No, you do not need to sign up with a partner. Partner pairings for all mandatory A5 Beach tournaments will be assigned by the respective coach. You are free to sign up with your partner or someone else for any tournament that does not conflict with an A5 Beach mandatory tournament.

Q: Do I have to attend all the practices and mandatory A5 tournaments on my schedule?

A: Given that beach volleyball only has 2 players on the team/court, it is very important that all players are committed to their partner and team. It would be inconsiderate to your respective partner if you were not completely committed to your team or partner. If you cannot make a specific night of practice or a specific tournament, you need to tell your coaches at tryouts.

Q: Will I need to purchase anything additional beyond the items that are included in the player package listed above?

A: You will need a comfortable fitting bathing suit/sports bra bikini bottoms to wear at matches, practices, etc. Given that everyone feels differently about what type of suit/sports bra to wear, we do not provide these items as part of our player package. If you are new to beach, we encourage you to talk to players that have played beach prior to this season.

In addition to a bathing suit, we highly recommend you purchase a pair of sand socks for the cold and really hot days in the sand. As above, you can talk to the players who've previously played beach. We also recommend you have your own beach volleyball. A5 will be providing the beach volleyballs for practice, but it will be important for you to have your own ball to warm up with at tournaments whether A5 mandated or other. Remember to make sure your volleyball is clearly marked with your name and phone number should it get misplaced/lost at a tournament. If you do not already have a beach volleyball, you must purchase one as part of your uniform package.

Q: What are the rules regarding coaching at tournaments?

A: "For FIVB World and Official Competitions, players are not allowed to receive external assistance or coaching during a match. USAV 4.1.4: Coaching is permitted under the following guidelines. Coaches:

- USAV 4.1.4.1: must be identified as a coach and dress professionally (at minimum, in shirt and shorts);
- USAV 4.1.4.2: may not address the officials or attempt to influence their decisions at any time;



- USAV 4.1.4.3: may perform drills with their team on court until the conclusion of the coin toss;
- USAV 4.1.4.4: during the official timed warm up may only instruct their players from the sideline;
- USAV 4.1.4.5: may give instruction only during time-outs, side switches and between sets;
- USAV 4.1.4.6: must remain seated/kneeling in their players' area (switching sides with their team);
- USAV 4.1.4.7: may suggest to the team captain in a non-disruptive manner, the request for time-out and are permitted to request time-out for all competition U-19 and below;
- USAV 4.1.4.8: are subject to sanction (individual misconduct or delay) for inappropriate behavior or delay of the match. (See diagram 7c.)"

Source: [2015-2017 USAV Beach Domestic Competition Regulations \(DCR\)](#)

Q: Why A5 Beach?

A: It's easy for clubs to claim to be "the best" or to provide the best opportunity or experience for a player. While A5 might not be the right club for every club volleyball player, we do believe that we are the best alternative for those athletes willing to dedicate themselves to the sport; who have talent; who work hard; and who aspire to play in college.

- Coaching
 - Consistent Coaching, whether for our indoor program or our beach program
 - There is a coaching process and mandatory coaching clinics for all head coaches and assistant coaches
 - Our coaching staff will continue to update themselves on the most current techniques and strategies used by top coaches in the game
 - Dedicated Director to manage the beach/sand program

Some of our successes/accomplishments specific to the A5 Beach program are summarized below:

- 85 National and invite-only tournament bids including: USAV National Championships, West Coast AAU Jr. Olympics, Rox Nationals, HP Championships, and AAU Americas Challenge in PR [2015-2016]
- 24 Gold Medals with 4 of those being from a National Championship
- 2 teams won Rox National Open Championships in 16 Open Girls and 14 Open Boys, which is the highest finish for any Southern Region team
- 9th place finish at USAV Nationals, which ties for the highest place finish for a Southern Region team

<p>National Championships</p> <ul style="list-style-type: none"> • Rox National Champions 14U Boys & 16U Girls (Highest finish in the Southern Region) • USAV Nationals 16U - 9th Place • HP Zonal Championship – 3rd Place for 14s and 7th Place for 18s 	<table border="1"> <tr> <th colspan="2">Gold Medals</th> </tr> <tr> <td>18U = 5</td> <td>16U = 14</td> </tr> <tr> <td>14U = 4</td> <td>Boys = 1</td> </tr> <tr> <td>Total</td> <td>24</td> </tr> </table> <table border="1"> <tr> <th colspan="2">1st – 3rd Finishes</th> </tr> <tr> <td>18U = 23</td> <td>16U = 38</td> </tr> <tr> <td></td> <td>14U = 16</td> </tr> <tr> <td>Total</td> <td>77</td> </tr> </table>	Gold Medals		18U = 5	16U = 14	14U = 4	Boys = 1	Total	24	1 st – 3 rd Finishes		18U = 23	16U = 38		14U = 16	Total	77	<p>Bids to Nationals (Across Age Groups)</p> <ul style="list-style-type: none"> • USAV = 39 • AAUs = 26 • Rox = 36 • HP = 4 • BVCA = 2 * • Total = 107 <p>* Only club in Southern Region to get bids</p>
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