

A5 BEACH

We want to create lifelong lovers of the beach volleyball game, empower athletes to feel strong physically and mentally and grow the sport of beach volleyball on the East Coast.

Year Round Training Opportunities

COLLEGE PREP

WHAT KIND OF PLAYER SHOULD TRYOUT FOR COLLEGE PREP?

- An athlete who wants to play in college or reach the highest potential in the sport and devoted to being developed as a player.
- Will commit to stay the ENTIRE beach volleyball season.
- Committed to the college recruiting process if pursuing playing in college and the duties required for following up with that process.
- Will consistently commit to practices, tournaments, training, college prep league scrimmages, and view that commitment with a “team approach”.
- Understands that there is clear and measurable baseline for entry onto the college prep team using a 5 point metrics system (speed, strength, passing, setting, etc.)

COLLEGE PREP

- Compete in doubles events within Georgia and nationally
 - Including, but not limited to, Gulf Shores in February, Texas or Arizona in March, Florida in April and optional California in July
 - Optional travel to Hawaii every two years starting in 2025
- Be our team for Club v Club events
- Receive 1 Club v Club free entry fee
- Smaller training groups
 - 18U max of 12 athletes per training group.
 - 16U max of 8 athletes per training group.
 - 14U max of 8 athletes per training group
 - (Dec/Jan speed/agility/plyo training may include more than max #)
- Get 1 free private lesson and 25% off private lesson packages
- Receive priority college recruitment help as well as BallTime highlight reel and Sports Recruits dashboard.
- Detailed scheduled training program Dec-July including speed/agility/and plyometric training.
- AVP, P1440 memberships included

COLLEGE PREP SCHEDULE

TRYOUTS JULY 25TH & 26TH 9-12:00PM @ RALLY LAKEPOINT

- Must meet min criteria in strength, speed/agility and skills to be considered for the program, each age group has a different min target criteria.

DECEMBER

- Start Date is First Monday in December to December 22nd
- 3 days a week 1 ½ hr sessions will include speed/agility & plyo training for 1hr and 30min will be skill based training (Passing, Setting, Defense, arm mechanics, and hitting footwork without hitting.
- Break Dec 23rd - Jan 2nd

JANUARY

- Start Back Jan 3rd - Jan 31st
- 3 days a week 1 ½ hr sessions
 - 1HR speed/agility & plyo training
 - 30MIN skill based training (Passing, Setting, Defense, arm mechanics, and hitting footwork without hitting.)

FEBRUARY-JULY (3 travel events, plus California club v club in california will be invitation only we will try to play in at least two club v club events)

- Feb 1st- July
- 3 Practices a week
- Expected to do strength/speed/agility training 2-3 times a week at pinnacle or place of equal training

COLLEGE PREP PRACTICE/TRAINING EXPECTATIONS

- Strength and conditioning is mandatory at a minimum of 2 days a week. We have a special rate with pinnacle performance and recommend that all players either do their in person training or remote.

*** Because of the nature of beach volleyball as a two-player “team”, it’s EXTREMELY important to attend all practices, as an absence will affect the practice time of another player. Practices are pre-planned according to the number of players available and a sudden absence affects the preplanned practice strategy.

For THIS REASON:

It is critical that a College Prep player attends all scheduled practices, training sessions and participates in our strategically scheduled in-house tournaments and scrimmages with other clubs.

A Player:

- Must give at least 24hrs notice if missing any practices or training sessions. Practices are considered “standing appointments” and if you do not give coach 24hr notice that you will be absent, a late fee MAY be charged to your player account.
- 24 hr notice rule will NOT take effect if:
 - You became sick or an emergency occurred within the 24 hours
 - Family travel plans that require absence are given as soon as possible so the coaches can plan ahead for a player being out
**
- If a player breaks the 24hr notice rule 3 times, A \$25.00 fee will be charged to your player account.
 - Exceptions: Has consistently participated in a high school sport for 2 or more years and has given notice of planned absences due to school team commitments. Will have a plan to attend practices/tournaments when high school sport ends. Missing for this will not be counted towards your 3 excused absences

COLLEGE PREP TOURNAMENT EXPECTATIONS

- Adhere to tournament and coach guidelines. Arrive with a positive, coachable attitude ready to put the team first.
- To lower the cost of tuition we have only included the cost of coaches travel for the travel events. Registration for California events July 5th-12th is “NOT” mandatory but can be in place of one of the 3 travel events. Players will be selected from college prep to represent A5 Beach in the USAV Championship Club event that is typically held July 9th-11th. Selections will be made no later than April 1st.
 - 10 athletes selected for 18U club v club
 - 6 athletes selected for 16U club v club
 - 6 athletes for 14U club v club
 - If there are enough athletes in either age group to form another team! We will select another 10 athletes for 18U and 6 athletes for 16U.
- Will provide coaches for AVP Nationals July 5-9th if 2 or more players receive bids.(USAV Club Championships directly follows AVP Nationals.
- Will provide coaches for all local tournaments as long as players sign up 1 week in advance and we will strive to keep a 3pairs to 1 coach ratio
- Memberships needed for travel tournaments will be included in tuition. (p1440,Avp) All athletes will already have a USAV membership! It is required by the SRVA to be able to tryout for A5 Beach.

COLLEGE PREP TRYOUT EXPECTATIONS

DAY 1

- Check-In 8:15am
 - Make sure you have your SRVA/USAV membership #
 - Receive tryout tank and temporary tattoo tryout number to be placed on arm.
 - Take Photo
- 20-min coach led warm-up as a group
- 30-45min Baseline metrics will be tested
 - Speed, agility, strength, passing, setting, serving, hitting.
 - Please [Click here](#) for expected baseline metrics. (click)
- 1 hr clinic
- Start QOB tryout tournament.
- End 12:00pm
- Q&A for parents/players available after

DAY 2

- 8:15am check-in
- 9:00 am
 - 20min coach led warm-up as a group
- 9:20 Start & Complete QOB tournament
- 11:45 am Meeting for parents/players to ask questions.

COLLEGE PREP PRICE

Price Breakdown

\$4100.00 Tuition * Does NOT include gear package,,
tournament registration or travel costs*

- \$4000.00 if paid in full
- \$500.00 Deposit Due within 5 days of accepting offer
- First Installment is due Nov. 15th

\$275.00 College Prep Gear Package- Gear Order and
Sizing day AUGUST 5th at 8:00-10:00 am at A5 Sports
Complex

- 2 sublimated tanks
- 2 shorts
- LS Drifit Black
- SS Drifit White
- Sweatshirt
- Jogger
- Visor

Optional gear Items for purchase

- \$45 Backpack
- \$26- Additional sublimated tank
- \$34 Additional short
- \$23 LS White drifit
- \$18 SS Black drifit
- \$10 Cotton Tanks
- \$10 Cotton Tshirts
- \$12 Cotton LS Shirt
- \$50 LULU Sports Bras
- \$170 Nike Puffer Jacket
- \$145 Waterproof Jacket

COMPETITIVE
REGIONAL

WHAT KIND OF PLAYER SHOULD TRYOUT FOR COMPETITIVE REGIONAL TRAINING GROUPS?

- Someone who loves playing beach volleyball, is coachable and wanting to develop as a player.
- Someone who wants to improve their skills at a competitive level, but is NOT planning on playing in college or wanting to get involved in the recruiting process.
- Will consistently commit to practices/tournaments during beach volleyball season and view the commitment as a “team approach”
- Interested in participating in our competitive regional scrimmages on Friday, Saturday or Sundays.
- Understands that there is not a baseline entry level skill requirement, players will be placed on teams with similar skill levels and coached “up” for improvement.

COMPETITIVE REGIONAL

- Compete in doubles events within Georgia
- No Baseline for entry. Athletes will be placed in training groups with similar skill level and coached “Up” for improvement.
- Opportunities for players who have met the college prep baseline metrics to be selected for the reserve list. (list of athletes not ready to commit to college prep requirements but have met the baseline metrics and are of the skill level to compete with college prep in club v club events.
- Detailed scheduled training program Dec-June including speed/agility/and plyometric training, plus competitive regional scrimmages.

COMPETITIVE REGIONAL SCHEDULE

TRYOUTS JULY 25TH & 26TH 9-12:00PM @ RALLY LAKEPOINT

- No Baseline for entry. Athletes will be placed in training groups with similar skill level and coached “Up” for improvement.
- Opportunities for players who have met the college prep baseline metrics to be selected for the reserve list. (list of athletes not ready to commit to college prep requirements but have met the baseline metrics and are of the skill level to compete with college prep in club v club events.)

DECEMBER

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- Break Dec 23rd - Jan 2nd

JANUARY

- Start Back Jan 3rd - Jan 31st
- 2 days a week 1 ½ hr sessions
 - 1HR speed/agility & plyo training
 - 30MIN skill based training (Passing, Setting, Defense, arm mechanics, and hitting footwork without hitting.)

FEBRUARY-JUNE ()

- Feb 1st- June
- 2 Practices a week plus optional weekend club QOB ladder league play that will take place on fridays/saturdays/Sundays
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COMPETITIVE REGIONAL PRACTICE/TRAINING EXPECTATIONS

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COMPETITIVE REGIONAL TOURNAMENT EXPECTATIONS

- Adhere to tournament and coach guidelines. Arrive with a positive, coachable attitude ready to put the team first.
- Will provide coaches for AVP Nationals July 5-9th if 2 or more players receive bids.
- Will provide coaches for all local tournaments as long as players sign up 1 week in advance and we will strive to keep a 3 pairs to 1 coach ratio
- All athletes will already have a USAV membership! It is required by the SRVA to be able to tryout for A5 Beach. If playing in an AVP, P1440, or AAU event you will need a membership and is not included in tuition.

COMPETITIVE REGIONAL TRYOUT EXPECTATIONS

DAY 1

July 25th 2023

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- 1 hr clinic
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DAY 2

July 26th 2023

- 8:15am check-in
- 20min coach led warm-up as a group
- 9:00 am
 - 20min coach led warm-up as a group
- 9:20 Start & Complete QOB tournament
- 11:45 am Meeting for parents/players to ask questions.

COMPETITIVE REGIONAL PRICE

Price Breakdown

\$3700.00 Tuition * Does not include uniform, tournament registration or travel costs*

- \$3600.00 if paid in full
- \$500.00 Deposit Due within 5 days of accepting offer.
- First Installment is due Nov. 15th

\$170.00 Regional Gear Package- Gear Order and Sizing day AUGUST 5th at 8:00-10:00 am at A5 Sports

Complex

- 1 Sublimated tank
- 1 short
- Sweatshirt
- jogger
- Visor
-

Optional gear Items for purchase

- \$45 Backpack
- \$26- Additional sublimated tank
- \$34 Additional short
- \$23 LS White drifit
- \$18 SS Black drifit
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