



Back by popular demand is the NorCal Sand Volleyball Program. This year the NorCal Sand Volleyball Program will be directed by coach Meagan Schmitt. Schmitt is the Associate Head Coach for the University of California Sand Volleyball team. We are very excited to have a Division I volleyball coach lead our program at NorCal as you won't find that kind of experience anywhere in our area! You can also click here for a detailed bio of [Coach Schmitt](#).

NorCal will offer two programs in the spring and summer of 2015. We will have a NorCal Sand Training Program and a NorCal Sand Travel Team.

What is the NorCal Sand Training Program?

The NorCal Sand Training Program will be a series of clinics focused on improving the athlete's overall sand game. We will thoroughly cover each skill during every session. The athletes will have the opportunity to participate in small group drills as well as competitive play. During the sessions, there will not be set partners, therefore the athletes will get to play with many different players. While the focus of the Training Program is to develop individual skill, the sessions will also cover game-strategy. By the end of the Training Program, NorCal Sand athletes should feel as though they have mastered a clear understanding of the sand game.

How much does the NorCal Sand Training Program Cost?

The NorCal Sand Training Program is \$400 per session. This fee covers the cost of the sand court rental fees, equipment, tournament entry fees into one NorCal Inter-squad Tournament and two USAV Tournaments, insurance, a practice t-shirt, a NorCal Sand volleyball tank, and coaching stipends.

Are there discounts for signing up for more than one session?

Yes! If you sign up for two sessions, you will receive \$100 off of your total cost. If you sign up for three sessions, you will receive \$200 off of your total cost. In other words, session options are:

- 1 session \$400
- 2 sessions \$700
- 3 sessions \$1000

When and where are the Sessions for the NorCal Sand Training Program?

All practices will be Monday and Wednesday nights at the Moraga Commons in Moraga. In May and June practice times are 5:30-7:30pm. In July, practice times are 3:30-5:30. Three sessions will be held in the spring and summer. They are:

- Session 1: May 4th – May 27th
- Session 2: June 1st – June 17th
- Session 3: June 22nd – July 15th

There are no refunds for missed practices.

What sand gear is included in the NorCal Sand Training Program?

All NorCal Sand participants will receive one NorCal Sand practice shirt and one NorCal Sand competition tank. Here is a snapshot of what these look like:



Are there any tournaments included in the NorCal Sand Training Program?

Yes! We want everyone to be able to experience USAV sand competitions as well as be coached by a NorCal Sand coach during these events. Every participant in the NorCal Sand Program will have the following tournaments included:

- Norcal Intersquad @ Moraga Commons – Saturday May 16th
- Norcal Grand Slam @ Santa Cruz – Saturday May 30th
- Norcal Open @ Santa Cruz – Saturday June 27th
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At each of the above tournaments NorCal will provide a coach on-site so that the players can get feedback in between matches. Each of the tournaments above is included in the fees no matter which session(s) you sign up for. There are no refunds for missed tournaments.

For the NorCal Sand Program do I need to sign up with a partner?

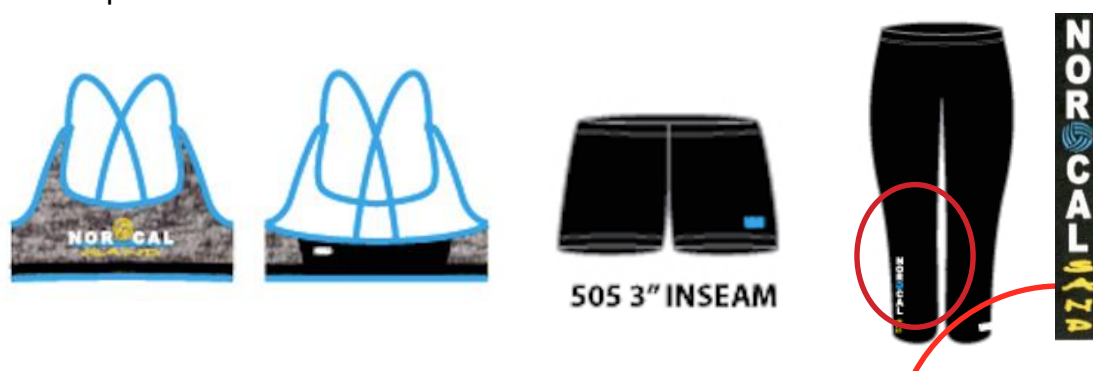
No. You can sign up individually for the session, but you will need to select a partner to compete with at the USAV competitions. NorCal coaches can aid in selecting a good partner from the Training Program relative to your skills.

What will the player to coach ratio be during sand practice?

NorCal will have at least 2 coaches per court for practices and we will not have more than 24 athletes between two courts. This means that there will be a 6:1 (player to coach) ratio for every practice.

Optional Gear

All NorCal Sand Program participants will also have the option to purchase optional gear at an additional cost. The additional gear is: extra practice shirts (\$10), competition sports tops (\$40), spandex (\$20), capri leggings (\$40). Here is a snapshot of what these look like:



What is the NorCal Sand Travel Team?

The NorCal Sand Travel Team will take six pairs and train them in preparation for the West Coast Classic in Long Beach in August. While there will continue to be a focus on developing the individual athletes' skills, most of the attention will be devoted to developing each pair as a team. The sessions will include a lot of game-like competitive drills that give the pairs an opportunity to grow and develop with their own strengths and strategies.

The NorCal Sand Travel Team will be the same as the NorCal Sand Training Program with the following additions:

Tryouts

NorCal will host a NorCal Sand Travel Team Tryout on Monday, July 20 and Wednesday July 22 from 3:30-5:30 at Moraga Commons. You must come to a tryout to be selected for the NorCal Sand Travel Team. Tryouts are \$10 and you must register in advance.

Number of Participants

NorCal is only selecting 12 players for this program from tryouts.

Age groups

NorCal will be selecting players from the U14, U16, and U18 divisions for the Travel Team. Any combination of players from these age groups will be considered as long as there are only 12 player total.

Training

NorCal Sand Travel Team will train on M/W nights from 5:30-7:30 at Moraga Commons from July 27-Aug 14

Tournaments

NorCal Sand Travel coaches will take the NorCal Sand Travel Players to the West Coast Classic in Long Beach on August 19-20 to compete.

Requirements

All NorCal Sand Travel players

- Must attend tryouts to make a team.
- Must have completed at least one session of NorCal Sand Training Program this summer.
- Must attend and be able to provide their own transportation and lodging to the West Coast Classic Tournament in Long Beach(recommendations from NorCal will be given)

Sand Gear

NorCal Sand Travel players will receive an additional NorCal Sand practice shirt, NorCal Sand leggings, and a NorCal Sand long sleeve lounge hoodie to compliment the practice t-shirt and NorCal sand tank they already received during the NorCal Sand session(s). Pictures of the NorCal Sand Travel Team gear are below



How much does the NorCal Sand Travel Team Cost?

The NorCal Sand Travel Team is \$550. This fee covers the cost of the sand court rental fees for practice, equipment, tournament entry fee into the West Coast Classic, insurance, a practice t-shirt, a NorCal Sand Travel Team Volleyball hoodie, NorCal Sand Travel Team leggings, coaching stipends, and coaching travel expenses. The Travel Team cost does not included the travel costs for the player to travel to the West Coast Classic but it does cover the cost of the coaches travel.

Optional Gear

All NorCal Sand Program participants will also have the option to purchase optional gear at an additional cost. The additional gear is: extra practice shirts (\$10), competition sports tops (\$40), spandex (\$20). The NorCal Sand Travel Team Hoodie is only available for travel players. Here is a snapshot of what these look like:

