

February 27, 2015

May 5th - June 30, 2015 – Every Tues / Thurs 5:30 – 8:30 PM

May 30: Mid-season Play Date

June 20: End of season Tournament

Age groups 12/13 , 14/15, 16 , 17 and 18



junior sand  
league (JSL)



Playing **sand** volleyball is very beneficial to you as an indoor player. Try it out this summer as a way to prepare for the upcoming school and club seasons and also as a fun change of pace!

**Sand** volleyball can really help you improve your indoor game. In sand since there are only two players per side, you are guaranteed more touches. You are also guaranteed more opportunities to improve your skills in all positions. For example, if you're a hitter, you'll be forced to improve your setting skills, since your partner will receive the ball at least half the time. Since you will have to cover more of the court, you will have provide a better understanding of the game and the many strategies required.

**Sand** also helps you further develop your agility and movement. You have to maneuver in sand and move to cover more of the court with only two players. This transfers to speed and quickness on the indoor court. Moving quickly also means thinking quickly and playing a ball you weren't quite prepared to play. This will help improve your reaction time indoors.

The **Sand** is much more forgiving than wood, saving you from some of the bumps and bruises of playing indoors. Sand is also easier on your joints, giving your knees a break from landing on the indoor surface. Because the sand is easier on your joints, it definitely provides more of a workout for your muscles. Diving, getting back up quickly, and jumping more (since you'll be hitting more), all provide you with a great endurance building cardio workout.

Being outside with your friends in the summertime is just plain FUN! We look forward to having you in our program.

**Early registration:** \$200 3-on-3 teams (4 player max). Form and full payment must be received between March 9 – April 15th for final acceptance . Walk ups \$250 if slots are are available. No refunds! Maximum to 8 teams per age group.

## **Brahan Spring Park Sand Courts**

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