

# MAVERICKS...

# Fall



## SAND SESSIONS

**SPACE IS LIMITED • REGISTRATION NOW OPEN**

**FIRST 14 PLAYERS PER AGE GROUP TO REGISTER ARE IN**

Sign up with a partner, or alone and we'll match you up with one. There's a minimum of 1 practice per week, and 1 tournament per month. Practice schedule TBD once registration is closed. There will be daytime weekend workouts, as well as optional evening week day workouts. Open to all female athletes age 9-18 years old.

**HS \$275 • JR HIGH \$365**

**3 MONTH SEASON INCLUDES:**

- Warrior Program Workouts

**PAY ONLINE: VIA THE "PAYMENTS" TAB ON OUR WEBSITE**

### YES, YOU CAN PLAY INDOOR & SAND!

And, beginning this fall you can play "sand only" if you choose. Coaches Lance Stewart and Phil Sutherland will be training all age groups.

### BENEFITS OF SAND VOLLEYBALL

- All skills improve/1,000s of extra reps
- Increased scholarship opportunities
- Improves indoor game & never leave the court
- Height not a factor in success
- Increased strength, endurance, quickness, vertical
- Family days at the beach

[www.aubeach.org](http://www.aubeach.org)

[www.cbva.com](http://www.cbva.com)

[www.teamusa.org](http://www.teamusa.org)



**"Be a Maverick"**

**WWW.MAVERICKSSANDVBCLUB.COM • MAVERICKSVB@YAHOO.COM • 949-280-5370**