

MAVERICKS...

Winter SAND SESSION



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.

SEASON COST \$385

3 MONTH SEASON INCLUDES:

- Warrior Program Workouts

YES, YOU CAN PLAY INDOOR AND 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.

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

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.aabeach.org

www.cbva.com

www.teamusa.org



"Be a Maverick"

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