

Bay to Bay's guide to the...

Spring Volleyball Season

Spring Training Options

Indoor U14 Travel Teams

Our highest commitment level program. Teams practice 2x a week and attend 2 local tournaments and 1 travel tournament to SoCal between February - April. Cost is \$1,100 and tryouts are on January 21st.

Local Training Groups

Our medium commitment indoor program. Teams practice 1x a week (Saturdays) and attend 2 local tournaments between February - April. Cost is \$825 and tryouts are on January 21st.

Beach Club

Our medium commitment outdoor program. Athletes train 1x per week (Sundays) on non-holiday weekends at the West Valley College beach courts between February - April. Cost is \$825 and tryouts are on January 28th.

Indoor Clinics

We have three a-la-carte clinic options for middle school athletes to choose from during the Spring:

- 1 **Intro Youth Clinics**our introductory program for athletes with 0-1 year of volleyball experience.
- 2 **Advanced Youth Clinics**our fast paced clinic series designed to work on higher level concepts within the game. Fast paced drills meant for athletes with 2+ years of volleyball experience.
- 3 **Small Group Sessions**individualized focus and attention on position specific training. Our version of a 'semi private' lesson.



Important Spring Dates

Indoor Tryout Date: January 21st
Beach Tryout Date: January 28th
SoCal Tournament: March 9-10

Weekly Schedule

Intro Clinics: Tuesday
Small Groups: Tuesday
Advanced Clinics: Wednesday
Travel Teams: Thursday & Saturday
Training Groups: Saturday
Beach Club: Sunday



FEBRUARY - MID MAY TRAINING

14-UNDER INDOOR PRACTICE

Travel teams practice 2 times per week throughout February - May and attend 1 travel tournament in LA.
Local Training Groups practice 1 time per week and attend 2 local tournaments. Tryouts for both these programs happens in late January.

01

BEACH CLUB

In late January we hold tryouts for the Spring season of Beach Club. This program provides consistent weekly training that accelerates our athletes progress through May. Beach Club is open to all ages and club affiliations.

02

YOUTH CLINICS

Weekly on Tuesdays we run a-la-carte clinics. Youth Clinics are designed for our athletes with less than 2 years of club experience. We focus on fundamentals and gameplay.

03

ADVANCED CLINICS

Weekly on Wednesdays we run a-la-carte advanced clinics that are designed for athletes with more than 2 years worth of club experience. These sessions focus on more advanced strategies and techniques.

04

SMALL GROUP SESSIONS

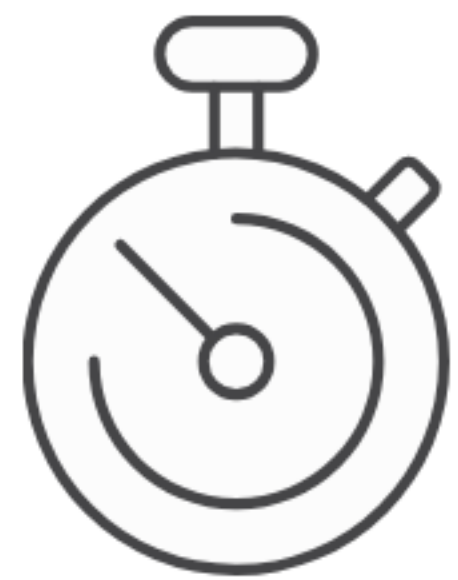
We run Tuesday night Small Group sessions that focus on skill specific training for our athletes. This allows for more individual focus on our athletes and their needs.

05

BAY TO BAY VOLLEYBALL

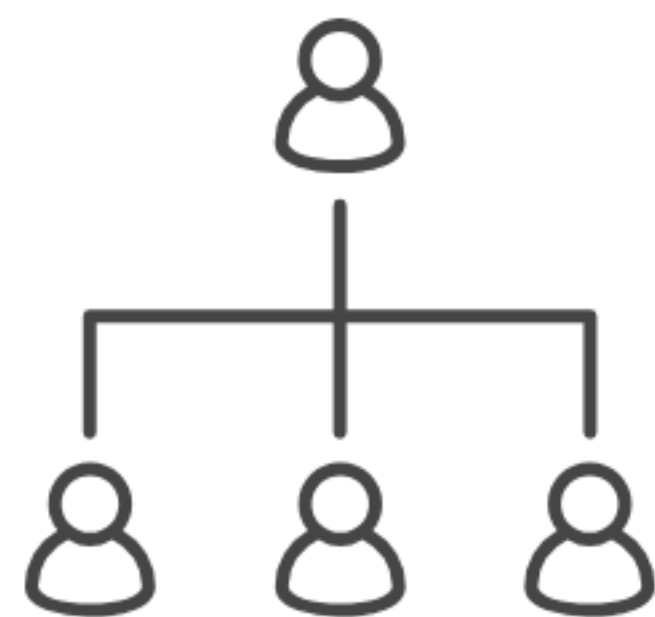
LOCAL TRAINING GROUPS

SEASON OVERVIEW



Practices start on Feb. 1st

Groups will train 1 day a week on Saturday afternoons until April. Season ends on Apr. 20th at the Bay to Bay in-house tournament.



Players are grouped by age and skill level.

To form the best training environment, athletes are grouped so that they are appropriately challenged.



Program cost is \$825.

Covers practice time, 1 practice shirt, equipment, coaches, and two local tournaments (Feb 24th & Apr 20th)

PROGRAM FORMAT

Lead Coach Driven

The program is run by Stanford coach Mason Tufuga and assisted by numerous Bay to Bay coaches.

Coach Mason designs the practice plan for all of the groups and leads them through structured training.

Individual Skill & Play

The first hour of each session focuses on individual skill development (passing, attacking, serving, etc.)

The last half of each session is reserved for working those individual focuses into high speed gameplay for each group.

"Building Block" training.

Each session of Training Groups builds off of the last. This allows players to build off of a strong foundation.

Each drill can be tweaked at the group level to create a more or less challenging environment for athletes in each Training Group.

WHO IS IT FOR?

Our Local Training Groups are for athletes that are looking to get involved with consistent weekly training at Bay to Bay but are not ready or unable to commit to the extended travel team schedule.

Local Training Groups are a fantastic introduction to Bay to Bay because they combine high level training, consistent practice schedule, and tournament play while minimizing the overall monetary, travel, and time commitment on families.