

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