



WELCOME TO SANDBOX VOLLEYBALL CLUB @ THE OPTION

Fall/Winter 2026-2027

The SandBox will return for its second season at its winter home, The Option, in Fall/Winter 2026-2027! We are excited for our FIFTH total season of being the ONLY group for indoor beach volleyball training during the winter months in northern Ohio! The purpose of this document is to provide you with important information about our program.

(1) IMPORTANT CONTACT INFO (our directors/coaches)

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Training Location: The Option by SandBox, 3001 Towpath Rd, Broadview Heights, 44147

(2) FAQs

(A) What membership is REQUIRED? AVP America Membership

All SandBox juniors program members are REQUIRED to sign up for AVP America membership. We recommend a “Gold” level membership as it will allow your athlete to compete at any level of AVP America event, from local, to regional, to national. If you only plan on competing locally, “Silver” level is fine. The membership costs \$44-\$59/annually.

<https://avp.com/youth-membership/>

Players may also need other sanctioning body memberships in order to play certain events (BVNE, p1440, or AAU are a few). These typically can cost \$30-\$50 for an annual membership.

(B) Do I need to sign up with a partner? NO!

While you are certainly permitted to sign up with a designated partner, all registration and training is individual. For tournament play, yes, you will need a partner, but the hope is that we develop a great mix of players who play with different partners at different events. Also, in the beach volleyball community, it is common for a player traveling to a distant event to find and play with a “local,” and there are MANY online resources to facilitate this, including volleyballlife.com.

(C) What is the Program Cost?

For the 2026-2027 season, our seasonal program cost will be \$1,500.00 for full-time athletes in our 2 “Uppers” training groups (3 training sessions per week), \$1,000.00 for full-time athletes in our “Lowers” training group (2 training sessions per week), and \$700.00 for athletes in our part-time training groups (one training session per week). All full-time athletes will also receive a SandBox gear package, including a backpack, warm-up shirt, and game jerseys.

Aside from the gear package, the program cost includes ONLY training - if you elect to enter into tournaments, any tourney registration fee would be extra (typically around \$80-\$125 per pair, per event). Naturally, if/when we travel for tournaments in Florida or other locations, players/parents are also responsible for associated travel costs. We endeavor to choose travel dates and locations that are reasonably priced and are very mindful of budgetary constraints!

(D) What is the Training Like?

We focus on developing our athletes into all-around beach volleyball competitors. All athletes train on serving, serve receive, setting (hand setting and platform setting), offense, blocking/defense, and development of the mental side of the game. We promote repetition-based learning, and we are HUGEY focused on making sure training is fun!

Beach volleyball is one of the fastest-growing NCAA women’s sports – and we train our athletes who want to pursue that goal to achieve it – but we also recognize that learning and competing in a sport has value and can be a goal unto itself!

(E) What are the Training Groups?

For 2026-2027, we will feature multiple training group opportunities:

Full-time Uppers Training Groups

We will have two full-time “Uppers” training groups in 2026-2027. The uppers groups will consist primarily of high school-aged athletes (GY 2027-2030). Our top-tier Uppers training group (“Uppers Prime”) will consist only of athletes fully committed to beach volleyball during the winter months, and athletes will be expected to consistently attend training and attend at least “most” of the travel tournament opportunities. Our second-tier Uppers training group (“Uppers Select”) will include athletes who may have some commitment to other sports in-season, but who still plan to attend most training sessions and attend some of the travel tournament opportunities.

Younger athletes who demonstrate exceptional skill and commitment to beach volleyball may also be eligible to join one of these two “Uppers” groups.

Each of the Uppers groups will have three training sessions weekly, and athletes from Uppers will be invited to participate in the “Club v Club” events Sandbox may play in as a club, as well as any other travel events. Players will be slotted into one of the two Uppers Training Groups based on skill and commitment level.

*Full-time Lowers Training Group

We will have one full-time “Lowers” training group in 2026-2027. This group will consist of 16-18 athletes who are newer to sand, younger, or have more work to put in before being ready for the rigors of “Uppers.” Generally, athletes in this training group will be GY 2030-2033. This group will meet for training two times weekly, and athletes from Lowers will be invited to travel with the club for any of the events that it goes to in Arizona, Florida, Texas, or Alabama during the season.

*Part-Time Training Groups

We will have two part-time training groups: an uppers group consisting of high school athletes (GY 2027-2030) and a lowers group consisting of younger athletes (generally, GY 2031-2034). These groups will train once weekly, with the lowers group at 5:30-7:15pm and the uppers group at 7:15-9:00pm (day of the week TBA). Athletes in these groups are permitted to travel with the club for any of the travel events, but they may not be actively coached if full-time teams have conflicting play schedules.

(3) IMPORTANT DATES/SCHEDULE

(A) Training Calendar

Training at the Option will begin November 1, 2026 and run through the end of March, 2027. Your schedule will vary depending upon your training group. Generally, our two top full-time training groups will train later in the evenings during the week, and at least once on the weekend. Our lowers training group will train on two weekday evenings. Our part-time training groups will train on one weekday evening. The training times, generally, will be:

Monday-Thursday: 5:30pm-7:15pm or 7:15pm-9:00pm

Saturday: 8:30am-10:15am or 10:15am-12:00pm

Sunday: times TBD

As we draw nearer to the season, specific training times for each training group will be announced.

(B) Tournament Play

We will host a few local events at The Sports Plant (20001 Euclid Avenue) throughout the season (early November, holiday break, and March), as well as a College Coaches Camp in early January. We also plan to travel as a club to tournaments in Arizona, Florida, and Texas in January, February, and March. The Club will also travel to Gulf Shores, AL in late April/early May for BeachFest – and athletes traveling for this event will have the opportunity for additional training in April as we prepare for it.

NONE OF THESE OUT OF STATE TOURNAMENTS IS REQUIRED, but PRIME athletes are expected to play MOST travel events. A complete list of all available juniors events can be searched up at www.volleyballlife.com. Important to remember – YOU DECIDE YOUR OWN SCHEDULE.