



SANDBOX VOLLEYBALL CLUB INDOOR SAND TRAINING PROGRAM

- 1. When You Join the Program: Accept Your Contract.** When you decide to join the Indoor Sand program, you will need to accept the player/parent agreement for the season. You will receive an “e-sign” document to commit to the program, which you should read before signing.
- 2. Payment of Program Fees.** A non-refundable deposit of \$300 is due at the time you sign your contract and join the program. Subsequently, payments are automatically drafted according to the schedule below.
- 3. Memberships: p1440, AVP, AAU, USAV.** You must be an AVP member in order to participate in our program. You may also want to join USAV, p1440, or AAU to compete in events affiliated with those organizations.

4. Program Training and Tournament Schedule

Full-Time Training: Tuesdays and Thursdays, 4:00-5:45pm (November 1 – April 6)
 Saturdays, 7-9am or 7:30-9:30am, (November 5 – April 8)
 NO TRAINING 11/22, 11/24, 11/26, 12/24, and 12/31

Part-Time Training: One session per week; athlete must choose day at start of season.

Tournaments: Up to individual player. Coach(es) will attend six or more events.

All tournament participation is decided by the athlete and his/her parents, along with his/her partner, according to the schedule that makes the most sense for them. One of the best parts of beach volleyball is you decide where, when, and with whom you play – even if your partner lives in a different state!

TRAVEL TOURNAMENT SAMPLE EVENTS

Tournament Date	Tournament Name	Location
Late November	AVP America Junior East Coast Championships	Clearwater Beach, FL
Late December	p1440 Tavares Championships	Tavares, FL
January	AVP 2-Star Qualifier	Florida
Late February	p1440 Gulf Shores Event	Gulf Shores, AL
Early May	Beach Fest National Qualifier	Gulf Shores, AL
Local Events	USAV and AVP	Loveland, OH Columbus, OH

If you have any questions regarding the program, please contact Phil Margevicius at (216) 925-3054 or by email at philmengevicius@gmail.com. If you have questions regarding billing, please email sandboxvb@gmail.com.

5. SandBox Indoor Sand Program – Fees and Gear

Uniforms/Gear: Full-Time Program Only

2 Tanks
1 Longsleeve Dri-fit
Choice of Bucket Cap/Baseball Hat
1 Backpack

What Your Fee Covers:

All training sessions; coach salary and travel; coach registration fees; all training equipment.

Fee Structure (through Picklejuice Registration – all fees are non-refundable):

Full-Time Training Program:

Total Cost - \$1,300.00

Deposit: \$300.00 (due at signing)

Additional Payments of \$250 due on October 1, November 1, December 1, and January 1.

Part-Time Training Program:

Total Cost - \$600.00

Deposit: \$200.00 (due at signing)

Additional Payments of \$100 due on October 1, November 1, December 1, and January 1.

6. Recruiting (via membership on www.sportsrecruits.com)

Connect with virtually ALL of the colleges that offer beach volleyball - it is the **fastest growing** Division I sport according to the NCAA. This site will help you connect with over two dozen programs within 500 miles of Ohio. In ten years the number of programs have exploded from 15 colleges to **over 170 colleges!**

7. Goals for Players

- Stay active on your Sportsrecruits page year round
- Stay proactive with college beach volleyball camps and clinics
- Stay on top of your training to keep improving
- Increase vertical jumping through training sessions and APTC strength and speed
- Meet athlete friends from all over the country
- Work on sportsmanship and leadership qualities – be a great teammate!
- Set weekly and monthly goals
- Master all skills of the game

8. Goals for Coaches

- Give athletes the opportunity to grow as players and people
- Have a great experience learning to play this great sport
- Get athletes seen by colleges and provide opportunities for scholarships

9. Why Beach Is Better Than Indoor

- January-February tournaments in Florida and Texas vs. Illinois and Indiana
- “No bench on the beach” – every athlete plays every point of every match
- Beach volleyball recruiting opportunities to play in college are EXPLODING
- Parents love beach volleyball tournaments because they get a chance to relax in a competitive yet fun environment. Beach volleyball tournament weekends will feel like mini-vacations in the middle of the doldrums of northeast Ohio’s cold winter.

10. Full-Time Program vs. Part-Time Program

With the full-time program you get...

- Sand training three days a week from November 1 through the first week of April
- Access to speed, agility, and strength training with APTC (North Royalton) at a discount of over 30%
- Full Uniform/Gear Package
- Free annual membership to SportsRecruits online recruiting platform, with **direct access** to nearly every college that offers beach volleyball
- Coaching at 6+ events
- 50% discount off the SandBox Volleyball Club summer program for 2023

With the part-time program you get ...

- Sand training one day per week (your choice of day) from November 1 through April 8
- Access to APTC training at a discount of over 30%
- Coaching at select local events
- 25% discount off the SandBox Volleyball Club summer program for 2023

QUESTIONS? EMAIL SANDBOXVB@GMAIL.COIM TO LEARN MORE!

