

Junior (12U to 18U // College)

BEACH VOLLEYBALL

RS10VBC & OB1 beach Volleyball

Houston, TX

Beach Practice Days:

Mon – Wed: **RS10VBC** - 4:30 to 6:30pm

Tue – Thurs.: **OB1** beach VBC – 4:30pm to 6:30pm

Practice Locations:

Houston, Texas

Houston Sportsplex

www.Houstonsportsplex.com

Beach Program:

Was designed to give athletes the opportunity to play beach volleyball at a competitive level. For those looking to play in college or just use it for training. Our program puts athletes in a high speed environment to be able to maximize repetitions. Practice sessions will cover game theory, conditioning, and technique geared to the beach doubles game.

Website: www.ob1beachvb.com

&

www.RS10vbc.com

See websites for program start dates in March.