



www.elitevbt.com

1. **Accept your Contract:** When you decide to join our program, you will need to email us at elitevbt@integritygym.com to accept or decline your spot on the program. Please know that once an email is sent accepting the position, that email becomes the binding contract to participate in the program. We ask you to read/sign the paper contract you received and return it to the first practice or parent meeting.

2. **Payments:** The initial down payment listed in the team handbook is due once you accept your contract.

a. All payments will be taken online through a system called, “Groundwork.” You will have the option to pay with ACH or credit card. Credit card payments are subject to an additional fee. We need you to accept your payment through Groundwork immediately. You will receive an email from Groundwork explaining how to set up your account. You can choose to pay your fees in full or you can take advantage of the extended payment plan at no additional cost.

3. **USA Volleyball, p1440, AVP Next, BVCA and AAU Memberships:** Our staff will inform you on what memberships you need. It is best to wait to get your membership until you know you will be attending a tournament associated with that organization.

4. **National Club Tournament and Practice Schedules:**

Practices	3 days/week (Tues, Wed, & Thurs) 4-6pm
Lifting with Certified Strength Coach	2 days/week (Mon thru Fri)
Tournaments Coaches will be Attending	6+ (You can attend additional tournaments)

All practices will be at Flannagan’s Dublin, November through March/April. During warmer months practices will be at Integrity Athletics. All lifting sessions will be at the Integrity Athletics Volleyball Center weight room. We will be sending our coaching staff to 6+ tournaments. We will encourage National Beach Club athletes to attend those tournaments. However, all tournament registration will be decided by the athlete and her parents along with her partner. All tournament registrations and fees will be completed and paid for by the athlete, not EliteVBTC. Our staff will help you find a partner. The great part of Beach Volleyball is your partner does not even need to live in Ohio. Beach volleyball tournament memberships and registration needs to be completed on time. Beach volleyball tournaments can fill up fast.

NATIONAL CLUB TOURNAMENT SCHEDULE

Tournament Dates	Tournament Name/Link	Location
Nov 26th-28th	East Coast Championships AVPAmerica.com	Clearwater, Florida
Dec 27th-30th	P1440 Tavares Play.p1440.com Volleyballlife.com	Tavares, Florida
Jan 1st-3rd, 2022	Winter World Mega Showcase Sandstormbeachvolleyball.com	Tavares, Florida (Hickory Point Rec Facility)
Feb 25th-27th	P1440 Gulf Shores Play.p1440.com Volleyballlife.com	Gulf Shores, AL
May 6th-8th	Beach Fest National Qualifier Gulfcoastvolleyball.org/beachfest AVCA Collegiate Sand Championships	Gulf Shores, AL (101 Gulf Shores Pkwy, Gulf Shores, AL, 36542)
June 17th-19th	Championships (TBA)	(TBA)

HYBRID TOURNAMENT OPTIONS

Tournament Dates	Tournament Name/Link	Location
Nov 21st, 2021	OVR	Flannagan's, in Dublin, OHIO
Dec 12th, 2021	OVR	Flannagan's, in Dublin, OHIO
Jan 6th, 2022	OVR	Flannagan's, in Dublin, OHIO
Feb 13th, 2022	OVR	Flannagan's, in Dublin, OHIO
March 13th, 2022	OVR	Flannagan's, in Dublin, OHIO
April 10th, 2022	OVR	Flannagan's, in Dublin, OHIO

If you have questions regarding the program, please contact Joe Jackson at 614-504-5363 or by email at joe@integritygym.com. If you have questions regarding billing, please email us at Jackie@integritygym.com.

EliteVBTC Beach Club fees -- Club Fees and Merchandise

Uniforms

- 1 Winter Tank, 1 Summer Tank
- 1 Spandex Shorts
- 1 Visor
- 1 Sarong
- 1 Backpack

(Swimsuit, sunglass, and additional uniform item will be an option through an online store at an additional cost)

All uniform equipment will always be respected. You cannot trade an Elite jersey warm up top or t-shirt at any tournament, including Regionals or Junior Nationals at the end of the year. It is a privilege to wear Elite and every person you encounter should know this.

Fees Cover

- Court Rental (3 practices per week)
- Coaches salary, travel, and accommodations
- Coaches registration fee and background check
- Equipment, balls, carts, training aids

Fees do not include player participant travel, USAV, p1440, AVPnext, BCVA, AAU memberships or tournament registration fees.

Program Name	Total Cost	Deposit	December	January	February	March	April
National Beach Club	\$3,000.00	\$500.00	\$500.00	\$500.00	\$500.00	\$500.00	\$500.00

Program Name	Total Cost	Nov. 1	Feb. 1	May 1
Hybrid Beach Club	\$1,300.00	\$400.00	\$400.00	\$500.00

ALL FEES ARE NON-REFUNDABLE. Fees can be paid in full also.

Payments: ACH or Credit Card

All payments will be taken online through a system called, “Groundwork.”

1. You will receive an email from Groundwork explaining how to set up your account. You will have the option to pay with ACH or credit card. Credit card payments are subject to an additional fee. Your Deposit is due immediately. Payment Plan options are available. Monthly emails will be sent to remind you that your payment will be processed.

Sponsorships:

Sunglasses 50% off use code (SHADES)

Shadyrays.com

Lifting schedule: 2 days of lifting each week. Go to Elite website, then click reserve your spot, and then sign up.

Beach recruiting page: Go to Sportsrecruits.com

Connect with 173 colleges that offer beach volleyball. Beach volleyball has exploded over the last few years and is now the fastest Division I growing sport according to the NCAA. Connect with 24 NCAA beach volleyball college programs within 500 miles from Columbus, Ohio. NCAA has 64 Division I beach volleyball programs, 18 Division II programs, 5 Division III programs, and 86 NAIA/NJCAA/CCAA programs currently. In 2011, there were only 15 colleges that had beach volleyball programs and now a massive 173 colleges have beach volleyball programs.

What to bring to practice:

Sandsocks, sunblock, chapstick, towel, water, sandals, sunglasses, hat or visor, Elite apparel, athletic tape, healthy snack, extra clothing & notebook. Try to fit everything in a beach volleyball sports bag.

What to bring to a tournament:

Sandsocks, sunblock, chapstick, towel, water, sandals, sunglasses, hat or visor, Elite apparel, athletic tape, healthy snacks/lunch, extra clothing, beach volleyball, beach chair, umbrella, music box/tunes, (vitamins, salt, airborne, & no sugar), video camera with extra batteries/phone charger, and notebook.

Example one day tournament meal plan:

Hydration 2 days before, 1 day before fuel up and hydrate with high protein/high carbs (Ex: Pasta with meat).

Game day morning (Oatmeal with fruit, eggs, & wheat toast).

Snacks (Almonds, cheese, & banana).

Snacks (Apple, granola bar)

Lunch (Turkey sandwich with wheat bread, tomato, cheese, & mayo. Side of carrots).

Dinner (Roast beef sandwich, with an apple).

Night snack (Apple, cheese, granola bar, & chocolate milk) Reminder to stay hydrated.

Google beach volleyball rules: Read beach volleyball rules in the CBVA, AVP, UASV, FIVB, OVRV Beach, AAU, NAIA, and NCAA Beach Volleyball. Rules are often different with different beach volleyball organizations.

Player goals:

1. Stay active on your Sports Recruits page year round
2. Stay proactive with college beach volleyball camps
3. Stay on top of your training to continually improve
4. Increase vertical jump
5. Know the beach volleyball rules
6. Communication with coaches
7. Great Sportsmanship/Leadership
8. Set weekly goals
9. Strive for 1% better every day, which equals 365% better each year.
10. Master the skills of the game
11. Be a good teammate so better partnerships are formed

Coaches goals:

1. To give athletes every opportunity to grow.
2. Give beach volleyball athletes opportunities to get college roster spots and scholarships.

Great things about joining Elite Beach Volleyball Club:

1. "No bench on the beach" (Every athlete gets the opportunity to play full time during beach volleyball tournaments).
2. Lots of beach volleyball recruiting opportunities to play college volleyball.
3. Beach volleyball training is top notch. Athletes maximize fitness/conditioning levels and get opportunities to master all skills.

4. Parents love beach volleyball tournaments because they get a change to relax in a fun yet competitive environment. Players and parents love the beach volleyball travel tournaments because you get to travel to different beaches in beautiful states such as the sunshine state Florida and Southern California. Families get opportunities to plan mini vacations to states that have gorgeous oceans and white sandy beaches.
5. Beach volleyball training is all year long, so you don't have to stop your progress and training.
6. Biggest college recruiting months for beach volleyball is June thru February. Lots of beach volleyball college camps and beach volleyball college showcases.

National Beach Club	Hybrid Athletes	Regional Tour
3 days per week	2 days per week	2 days per week
November 1 - July 31	Nov. 1-Jan 31 Feb.1-April 30 May 1-July 31	June - July
2 days lifting Full Uniform Package Sponsorship Apparel Deals Recruiting Platform Recruiting Coordinator 6+ Tournaments with coaches	No lifting No Uniform Package No Recruiting Services Local Tournament Schedule	No lifting No Uniform Package No Recruiting Services
\$3,000	\$1,300	\$400

CLUB VS CLUB NATIONAL EVENTS: (TBA)

For national beach club members. Travel and play in collegiate format against the best competition in the United States. Coaches will be preparing players for college beach volleyball formats using NCAA rules during live play. Coaches can walk and talk during side switches. Our top 5 teams or top 3 teams will play as a squad versus other beach club squads. This format will teach and prepare EliteVBTC athletes how play at the next level.

