

Spirit of Beach Doubles Volleyball

The game is all about empowering the players. They self ref and coaching is minimal or absent at tournaments. Coaching, if allowed during a match, is only during time outs and briefly on side changes. Parents should only offer encouragement and support. No coaching. During play, it is the responsibility of the players to make their own calls. Referees usually only settle disputes if necessary.

Age Divisions for tournaments

Use your club indoor designation. Essentially, it is your age on August 31, of the current year. Most tournaments only do even age designations. 18U, 16U, 14U and 12U.

What to bring to practice

Comfortable clothes (see below), a water bottle, and flip flops or sandals. You may want to bring a towel for sanding off and/or drying off. We have a shower and a pool. Insect repellent is also a consideration. Our courts are shaded and we have bleachers, so you will not need sunglasses, a hat, suntan lotion or a chair. But, these are all things you will need for tournaments.

What to wear

These are just examples. Things to consider: It is hot. You will want to towel off and/or rinse off and dry fairly quickly. You want tight fitting clothing to keep the sand out and to keep the clothes in place. Some players wear a bathing suit, some wear spandex and a sports top. Also, you can wear loose fitting clothes over this. The sand will pass through the loose fitting and the tight fitting will keep it out. Our website has pictures of examples and do check the Gallery: <http://blueskysandvb.weebly.com/>

The picture below shows some examples:

