

# Beach Volleyball

# IN THE Summer TIME

## Eastside Volleyball Club

Join Eastside Volleyball's Youth Beach Volleyball League!

**\*\* Ages 18 and Under \*\***

**Where?** We now have two locations!

**Eastside Athletics-** 11435 Lithopolis Rd, Lithopolis, OH 43136

**The Homestead-** 2568 Carroll Eastern Rd NE, Pleasantville 43148

To reserve sessions at either location, contact  
[eastsidebeachvolleyball@gmail.com](mailto:eastsidebeachvolleyball@gmail.com)

**When?** Two 6-week sessions: May 14- Jun 21, Jun 25- Aug 2

**Cost?** \$170 per session, includes instructor and two practices per week



**YOU**  
choose your  
own dates &  
locations for  
tournaments!

### **Contact our Beach Directors for more information!**

Shawn Herron and Ethan Hayek  
[eastsidebeachvolleyball@gmail.com](mailto:eastsidebeachvolleyball@gmail.com)



### **Will beach volleyball improve my indoor game?**

Yes! The advantage of playing beach volleyball is that a player must be able to perform every skill. This includes: passing, setting, hitting, serving, and playing defense. It forces the players to develop their weaker skills as well as cover more of the court. Beach volleyball challenges players to read the hitter, control the ball and have quicker reaction times.

### **What other benefits does beach volleyball provide?**

Moving and jumping in the sand is much more difficult than on an indoor court. Due to the resistance of the sand, playing beach volleyball can help you develop and increase your vertical as well as quicken your defense.