



CHS Beach Volleyball Interest Meeting

Coaches

Head Coach: Megan Bowers Megan.bowers@stjohns.k12.fl.us or message me in BAND app

Assistant Coach: Bryan Wolcott, Dawn Madden, Jason Misora

Expectations

- Expectation to communicate and RSVP all information.
- We expect you to be at everything you can.
- Do not send communication through other people, message a coach. RSVP in the calendar 24hrs prior to practices. We use this information to plan practices, court space, etc.
- We know many of you play club volleyball, we will work with you as long as you communicate
- This past season we practiced M, T and TH after school until 6/6:16pm. If you play club, we ask that you come on at least two of the days.
- Most matches are on Wednesdays, however they may be matches on other days. Most club coaches work with you as well as long as you communicate. Many other schools are doing beach as well so many other players are working it out to play both

Communication APP – BAND QR Code

- Use this APP to get updates on any changes to the schedule or if we need to cancel due to weather.
- Use the calendar to RSVP so we can plan on how many will be there. 24hr notice
- This will also be how any information is communicated for spring season.

Practices, Paperwork and Fees

- 1) Athletic Clearance – you must be cleared in Athletic Clearance in order to participate be sure to select beach volleyball along with any other sport you may be interested in. Link is found on the athletic page.
- 2) **Tryouts – February 2nd and 3rd. 4:30-6:00pm.** Check the BAND app for updates.
- 3) OPEN SAND – an opportunity to come out before tryouts and get your sand legs. 1/27 and 1/28, 4:30-6pm.

- 4) **Practices** are Mondays, Tuesdays, and Thursdays 4:30-6/6:15pm and at SportsEdge. Must provide your transportation to SportsEdge for practices. We understand you may not be there right at 4:30, just be ready to go when you get there. We will probably start closer to 4:40.

How does Beach work?

*Top 6 Pairs Compete at all events. All remaining pairs will be announced that week if there is room and time.

*Pairs/partners can change weekly

- 1) 5 Pairs play against our opponent. Typically a 6th pair will play.
- 2) The team that wins 3 matches first, wins the game.
- 3) Pairs are ranked 1-5 with pair #1 being the teams' strongest pairing.
- 4) Once you play in a game, coaches can only move you up or down 1 placement at the next match.
- 5) We cannot coach or give advice during live play. Only at timeouts or side switches.
- 6) Coaches cannot call timeouts, only players.

Why play Beach?

- 1) Better ball control
- 2) You get to hit and play defense
- 3) There are only two of you, lots of contacts
- 4) Most importantly its FUN and its DIFFERENT