



**BRAVO IS EXCITED TO
BRING JUNIORS BEACH
VOLLEYBALL TO THE
SOUTHERN KY AREA!**

<p>BRAVO Tournament Player Fees*: \$400 Included in fees: BRAVO Beach Membership, \$10 USAV Pioneer Region Fee, BRAVO tank jersey, 1 pair of spandex, 1 visor, 12 practices (weather dependent) <i>*Uniforms are required for tournament play</i></p> <p>BRAVO Practice Player Fees: \$300 Included in fees: BRAVO Beach Membership, \$10 USAV Pioneer Region Fee, 12 practices (weather dependent)</p> <p>Tournament Fees: Players may choose to attend sanctioned tournaments throughout the summer. Registration for tournaments, transportation, and all payments will be the sole responsibility of the players/parents. Tournament lists will be listed on the website as they are available.</p>	<p>BRAVO Beach Details:</p> <ul style="list-style-type: none"> • NO Tryouts! EVERYONE MAKES BRAVO Beach! • You DO NOT need a partner! • Divisions: 12U-18U (9+ yrs old girls and boys) all skill levels welcome, players will be grouped by age and ability • Practices*: May 14th – June 20th *younger groups will have day time practice after school has ended (approx 5/28) • DO NOT have to play in a bathing suit!
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Top 10 Reasons to play BEACH:

Psychological Break - Fun, relaxed environment, no subs, no coaches, part of each rally	Physical Conditioning - Aerobic fitness, anaerobic lactic system, jump, & core strength
Injury Recovery - Less strenuous on shoulder, knee, ankle, back, & soft sand	Ball Contacts - Keep skills sharp, play every rally, more practice contacts
Develop Mental Toughness - Strength minimized, weaknesses magnified, focus & self control	Improve Weaker Skills - Ball Control, serve receive & defense
Defense - Reading the play, reacting to the ball, pursuit, & attitude	Team Work Skills - Trust, sharing responsibility, working together
Decision Making Skills - Block/no block, hit/shot, hand set/forearm set, depart from strategy	Court Awareness - Ball and non ball cues, & spatial awareness

Thank you Empowered Beach Juniors!