

# **LEARN TO COMPETE** Competitive Beach Volleyball Program

Hosted at Hamilton Sandbox - 680 Waterfront Trail

This is our most competitive program. Athletes should have the goal of competing on the OVA Tour as much as they can while striving to get onto the podium in their respective age divisions. Athletes are encouraged to register as a team of their choice but may also join as an individual player to be paired with other individuals for certain competitions (these pairings will be chosen together by the athletes and coaches).

10 Week Season - \$ 400  
Tuesdays & Thursdays  
4:15pm - 6:15pm  
June 4th - August 8th

**PROGRAM HEAD COACH**  
**BECKY ZEEMAN**



### **This program will offer:**

- ❖ **Advanced skills and tactical development** (managing skills in all weather conditions, creative ways to score, adjusting your team offense to opponents defense, expanding your offensive “tool box”, delivering a hittable 2nd ball, defending to transition efficiency, etc)
- ❖ **Intangible high-level athletic skills:** finding a way to win, how to make your partner better, sustaining positive self-talk in losing situations, how to rebound from an undesirable play/match/tournament, how to build a healthy relationship with your beach partner, self-coaching skills, self-manage at tournaments)
- ❖ **“Pro Pieces”** These pro experience extras are available to all members but will be discussed/chosen and committed to by each team/athlete along with the lead coach  
Becky Zeeman. You may choose one or all of these Pro Pieces to participate in.

- **Season Scheduling & Periodization**
- **Completion of weekly extra assignments to build self awareness**
- **Match preparation & game plan adjustment during the match**
- **Tournament coaching** (performance assessment, playoff preparation, etc)
- **Following 1 or 2 FIVB World Tour Pros** (how to learn from the best)

### **Coaching Profile**

Certified Advanced Development Beach & Indoor  
Volleyball Coach (Level 2)  
Madawaska Volleyball Camps Beach Volleyball  
Section Head 2011-2015  
Team Ontario Head Coach for 18U Women’s  
Beach Volleyball Team 2015  
Ryerson University Full-time Assistant Coach 2014-2019  
OUA & USports Champions 2018

### **Player profile**

Team Ontario Beach Volleyball Member 2008-2011  
Team Canada Beach Volleyball representative 2010-2012  
Queen’s University - OUA Champions 2012  
Professional Indoor in Germany for 2 seasons 2012-2014  
Ryerson University Player/Coach - 2017

# **SMASH BEACH VOLLEYBALL**

**REGISTER USING THIS LINK:** <https://go.teamsnap.com/forms/200130>

**CONTACT US FOR MORE INFO**

[admin@smashvolleyball.ca](mailto:admin@smashvolleyball.ca)

[www.smashvolleyball.ca/beach](http://www.smashvolleyball.ca/beach)