

# WHERE DO I START?

THE STARTING POINT FOR JOINING WAVE PROGRAMS IS FLEXIBLE, BASED ON INDIVIDUAL ABILITIES

FOR MORE INFO OR  
TO REGISTER VISIT  
[WWW.WAVEVB.COM](http://WWW.WAVEVB.COM)

# WAVE VOLLEYBALL

Intro  
-  
Beginner

## CLINICS

### GIRLS RIPPLE PROGRAM (K-2ND GRADE)

- LEARN THE BASICS OF VOLLEYBALL IN A FUN AND NON-COMPETITIVE ENVIRONMENT LOCATED AT WAVE'S INDOOR FACILITIES
- SESSIONS AVAILABLE FALL, WINTER, SPRING, AND SUMMER (ONE PRACTICE PER WEEK)

### GIRLS HARDCOURT HEROES (3RD-6TH GRADE)

- FOR GIRLS NEW TO THE GAME OR THOSE WHO WANT TO GET READY FOR WAVE'S COMPETITIVE TEAMS
- OPEN TO ALL, NO TRYOUTS REQUIRED - LOCATED AT WAVE'S INDOOR FACILITIES
- SESSIONS AVAILABLE FALL, WINTER, AND SPRING

### GIRLS SAND STARS (3RD-6TH GRADE)

- A FUN WAY TO LEARN ABOUT BEACH VOLLEYBALL IF YOU ARE NEW TO THE GAME OR CONTINUING TO LEARN THE GAME
- OPEN TO ALL, NO TRYOUTS REQUIRED - LOCATED AT WAVE'S SAND FACILITIES
- SESSIONS AVAILABLE FALL, WINTER, AND SPRING

Beginner  
-  
Developmental

## YOUTH DEVELOPMENT PROGRAM\*

- OPEN TO GIRLS IN 3RD-5TH GRADE (8-11 YEARS OLD)
- PRACTICES BEGIN AFTER NOVEMBER 1ST - INDOOR SEASON IS NOVEMBER-MAY
- PRACTICE TWICE A WEEK
- COMPETE APPROXIMATELY ONCE PER MONTH (JANUARY-MAY) IN TOURNAMENTS HELD HERE AT THE WAVE'S INDOOR FACILITY
- JOIN ANYTIME AFTER INITIAL TRYOUT WITH COMMITMENT THROUGH MAY

Developmental  
-  
Pre-Competitive

## COMPETITIVE 10U TEAM\*

- OPEN TO GIRLS 8-10 YEARS OLD
- PRACTICES BEGIN AFTER NOVEMBER 1ST - INDOOR SEASON IS NOVEMBER-MAY
- PRACTICE TWICE A WEEK
- TOURNAMENTS APPROXIMATELY ONCE A MONTH (JANUARY-MAY) AT LOCALLY HOSTED VENUES (ORANGE COUNTY/SAN DIEGO)
- COMMITTED TO ATTEND ALL TEAM PRACTICES AND TOURNAMENTS
- MUST ATTEND TRYOUTS



**\*PLAYER PLACEMENT IS GUIDED BY COACHES. TRYOUTS ARE MANDATORY  
FOR THE YOUTH DEVELOPMENT AND THE 10U TEAM**

**PLAYER PATHWAY FOR GIRLS**



# WAVE Athlete Pathway

How will I grow?

**11U**

## TEAM BUILDING

Athletes will learn how to be good teammates and work together as a unit while developing new skills and an understanding of the game.

**12U**

## LEARN, LEARN, LEARN

Athletes will learn every aspect of the game. Serving, passing, defense, setting, hitting, and blocking are emphasized.

**13U**

## TRAINING ALL SKILLS

At this age, athletes will be playing on a higher net and with a heavier ball. They will be able to train and implement all the skills they have learned.

**16U**

## GROWING MATURITY

Athletes will grow in every area of the game and in every aspect of life. They will not only learn how to grow as an athlete but as a person.

**15U**

## EXPERIENCING FAILURE

This is the age when athletes will be challenged to try new things and will face adversity while playing at a higher level.

**14U**

## LOVE FOR THE GAME

Athletes in this age group will continue to integrate their skills while developing a love for the game.

**17U**

## RECRUITING

Athletes in this age group will be competing at a high level while also receiving support for personal growth and college recruiting.

**18U**

## COLLEGE PREP

In this final stage at WAVE, athletes will be pushed to their limits to best prepare them for college and life afterwards.

**COLLEGE**

THESE PATHWAYS ARE NOT RIGID. COACHES, ATHLETES, AND FAMILIES WORK TOGETHER TO FIND THE BEST PATH FOR EACH INDIVIDUAL. INDOOR TEAM PARTICIPATION IS BASED ON BIRTHDATE.

TO COMPLEMENT YOUR INDOOR GAME, DON'T FORGET TO CHECK OUT THE BEST BEACH CLUB IN THE COUNTRY!  
[WWW.WAVEVB.COM/BEACH-VOLLEYBALL](http://WWW.WAVEVB.COM/BEACH-VOLLEYBALL)