

# 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 (INTRO - BEGINNER)

### 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, and spring (one practice per week) / or as a summer camp

### 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 (one practice per week)
- Check out our Summer Combo camp in the summer for accelerated learning

### BOYS MINISEASON (3RD-8TH GRADE)

- This program focuses on developmental skills and competition for boys new to the game
- Sessions available fall, winter, and spring (one practice per week)
- Check out our Boys Fundamentals camp in the summer for accelerated learning

### GIRLS SAND STARS (3RD-5TH 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 facility
- Sessions available fall, winter, and spring
- Check out our beach camps in the summer for accelerated learning

Beginner  
Developmental

## GIRLS YOUTH DEVELOPMENT PROGRAM\*

- Open to girls in 5th-6th grade (11-12 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 WAVE'S indoor facility
- Join anytime after initial tryout with commitment through May (Please note there is no Youth Development option for Boys at this time)

Developmental  
Pre-Competitive

## GIRLS MS ACADEMY PROGRAM | BOYS MS ACADEMY PROGRAM\*

- Must attend tryouts
- 2 separate programs, open to 7th & 8th Grade Girls / Boys (Athletes train in their own dedicated training group and are separated by gender)
- Practice 1x/week, with in-house scrimmage opportunities

## GIRLS COMPETITIVE 9U & 10U TEAMS | BOYS COMPETITIVE 11U TEAM\*

- Must attend tryouts
- Open to girls 8-10 years old / Open to boys 11 years old and under
- Practices begin after tryouts - Girls: November-May / Boys: September-June
- Practice once per week (9U) or twice a week (10U & 11U)
- Girls: Tournament approximately once a month (January-May) at locally hosted venues (San Diego) / Boys: Tournament approximately 1-2 times/month (Orange County)
- Committed to attend all team practices and tournaments



PLAYER PATHWAY BOYS & GIRLS



\*PLAYER PLACEMENT IS GUIDED BY COACHES. TRYOUTS ARE MANDATORY FOR ALL TEAMS

# WAVE Athlete Pathway (Boys & Girls)

**How will I grow?**

**9U / 10U / 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 COMPLIMENT YOUR INDOOR GAME, DON'T FORGET TO CHECK OUT THE BEST BEACH CLUB IN THE COUNTRY!

[LEARN MORE ABOUT WAVE BEACH HERE](#)