

WHERE DO I START?

THE STARTING POINT FOR JOINING WAVE PROGRAMS IS FLEXIBLE, BASED ON INDIVIDUAL ABILITIES. VISIT WWW.WAVEVB.COM FOR ALL REGISTRATION



INDOOR & SAND PROGRAMS

CAMP PROGRAM REGISTRATION IS OPEN ON A FIRST-COME, FIRST-SERVED BASIS. NO TRYOUTS REQUIRED!

INTRO
BEGINNER

GIRLS & CO-ED RIPPLE PROGRAM (K- 1ST GRADE)

- Learn the basics of volleyball in a fun & non-competitive environment located at WAVE's indoor facilities
- Sessions available fall (up to 3 practices / week), winter and spring (1 practice / week), or as a summer camp
- Open to girls only in fall, winter, and spring; open to Co-Ed in summer

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 (1 practice / week), with local tournament opportunities
- Check out our Boys Fundamentals camp in the summer for accelerated learning



BEGINNER
DEVELOPMENTAL

GIRLS HARDCOURT HEROES (2ND-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, first-come first-served registration, located at WAVE'S Indoor facilities
- Sessions available fall (up to 3 practices / week), winter and spring (1 practice / week),
- Check out our Summer Combo 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 (up to 5 practices / week)
- Check out our Beach camps in the summer for accelerated learning



DEVELOPMENTAL
PRE-COMPETITIVE

INDOOR TEAM TRYOUTS

PLAYER PLACEMENT ON TEAMS IS GUIDED BY COACHES. TRYOUTS ARE MANDATORY FOR ALL TEAMS & PROGRAMS LISTED BELOW

GIRLS COMPETITIVE 9U & 10U TEAMS

- Open to girls 8-10 years old (see wavevb.com for all Age Definitions)
- Practices begin after November 1st. indoor season is November-May
- 9U: 1 practice / week | 10U & 11U: 2 practices / week
- Tournament approximately once a month (January-May) at locally hosted venues (San Diego)
- Committed to attend all team practices and tournaments

BOYS COMPETITIVE 11U TEAM

- Open to boys 11 years old and under (see wavevb.com for all Age Definitions)
- Practices begin after tryouts. Indoor season is mid-September-May
- 2 practices / week
- Tournaments approximately 1-2 times / month (Orange County)
- Committed to attend all team practices and tournaments

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
- Compete approximately once per month (January-May) in tournaments held at WAVE'S indoor facility
- Join anytime after initial tryout with commitment through May
- Practice twice a week

ACADEMY PROGRAMS

- Girls MS Academy (7th-8th)
- Boys MS Academy (7th-8th)
- Girls HS Academy (9th-12th)
- Practice 1x/week with in-house scrimmage opportunities
- Missed tryouts, but interested in the above Team & development or academy training programs? Email admin@wavevb.com for availability!



WAVE PLAYER PATHWAY

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 COMPLEMENT YOUR INDOOR GAME, DON'T FORGET TO CHECK OUT THE BEST BEACH CLUB IN THE COUNTRY!

[LEARN MORE ABOUT WAVE BEACH HERE](#)