



### **Things to Bring to the Beach**

- Sunscreen
- A hat and/or sunglasses
- Bug Spray
- Bring Lots of water/Gatorade to practices and tournaments.
- Foods/liquids to start stocking up on: Pickles, pickle juice, bananas, coconut water, pedialyte, juicy fruits, peanut butter, protein bars, water with electrolytes, and sandwich materials.
- Large umbrellas and chairs are all great to have ready to go. Pop-up tents are great as well.
- Dress appropriately for the weather. This includes rain and extremely hot conditions.
- Tank tops, t-shirts, long sleeves, sunglasses, hats, sand socks, bathing suits, spandex, shorts, leggings, and jackets are all necessary clothing items for this sport.

### **Things to Know about Playing on the Beach**

- Parents are not allowed to yell at kids during the match. That is the beauty of sand... the kids get to play in front of their parents in a stress-free environment.
- Parents cannot tell kids to call time-outs. They need to learn how to do that themselves.
- Coaches CAN ONLY COACH in between plays, (DEAD BALLS), and side changes. Kids REF & KEEP SCORE (we will help teach them).
- Parents are required to purchase beach passes to view weekend tournament play.
- Beach Volleyball is not a time for your child to get a great tan, stay out of the sun when you can.
- Parents must be good role models and set a good example during tournament play. Remember that our number one goal is for the kids to have a good experience, win or lose.

**SEE YOU ON THE BEACH!**