

COMING  
SUMMER  
2009

# CAPITAL BEACH CLUB

- Outdoor sand volleyball club!!!
- June - August season with 2-3 days a week training.
- Play in junior Midwest beach tournaments.
- Qualify for USA Outdoor Sand Championships.
- 18,17,16,15,14 Elite Divisions / 18,17,16,15,14,13 Club Divisions
- Tryouts in June / For current Capital players only.
- Improve your vertical jump, speed and all-around game!
- Practice and train like the AVP Professionals do from AVP Pro women's player ERIN BYRD and EVP Pro men's player DAVID CARLSON.

