

MVC and ON2 Volleyball combine to offer Beach Volleyball to Hamilton Area Athletes!



Date: June 3rd to July 15th 2016 (no session on Canada Day, July 1st)

Location: Sandbox Sports Inc. (Hamilton – Confederation Park)

Price: \$265

Time: Fridays 5 PM to 7 PM

Age Groups: 12U to 17U

Coach: Dean Martin (See bio below)

Advanced Training, Drills & Skill Development

Registration and Payment Information:

Click here on the [registration form](#) to complete your registration online or visit www.mountainvolleyball.ca for more details.

Please send payment to:

Mountain Beach Club
37 Bunker Hill Drive
Hamilton Ontario
L8K 5X3

Please make all cheques payable to "Mountain Volleyball Club"

Dean Martin (On2 Volleyball Founder, and Coach of U19 and U17 FIVB Canadian Representatives); would like to give athletes an introduction into the type of training regimen that is ideal for those wanting to pursue beach volleyball year round. The clinics will focus on the technical, strategic, and mental aspects of beach volleyball and will include a strength and conditioning component. Athletes will work on developing game plans that will be implemented at various stages of each match, while allowing for various adjustments to be made depending on the strategy of the opposition. Major focus on FUN and the love of the game

Dean has worked with many young athletes and has assisted them in winning the following accolades:

- 2014 FIVB U19 Canadian Representative
- 2015 Noreca U16 Canadian Representative (2 Teams)
- 2015 Provincial Gold & Silver Medalists (2 Teams)
- 2015 National Silver & Bronze Medalists (3 Teams)
- 2016 FIVB U19 Canadian Representatives (2 Teams)
- 2016 FIVB U17 Canadian Representative

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