



## Iowa Beach Volleyball Association

"Our goal is to promote, strengthen and support the competitive sport of beach volleyball in Iowa. We provide our players dynamic training to heighten their level of play through practices, tournaments and community projects."



### 2017 USAV-Iowa Region Events

10th Annual Beach Clinic & Tournament  
USA Beach High Performance Tryout  
7th Annual Junior Beach Regional  
USA Junior Beach Tour 5th Annual Hawkeye Open

IABVB is a nonprofit beach volleyball club within USA Volleyball-Iowa Region.



[www.iowabeachvolleyball.org](http://www.iowabeachvolleyball.org)

#### IABVB Offers:

- ♦ Junior Beach Club
- ♦ Beach Clinics
- ♦ Individual Sessions

"Beach Club" meets Mondays & Wednesdays at The Sands from 4:30-6:00\* starting in May. A short practice may be added prior to a tournament. These



training sessions include a 15 minute warm-up/free play and a 60 minute practice combined with a 15 minute session with plyometric strength and conditioning exercises. These sessions are specifically designed to increase vertical jumping height and develop speed and stamina in the sand while building essential stabilizer muscles to prevent injury.

**Summer 2017 Beach Club is \$350 per player. This includes an IABVB jersey, a Mikasa beach volleyball and professional training and practices.**

*\*Other times/days may be available*

#### Sign up for IABVB Beach Club!!!

To sign your son or daughter up for our beach club please call, email or visit our website.

[www.iowabeachvolleyball.org](http://www.iowabeachvolleyball.org)

### Iowa Beach Volleyball Association

@ the Sands

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Des Moines, Iowa 50312

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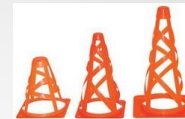
## Our Staff & Coaches

*Instruction is provided by background screened, IMPACT certified coaches that love beach volleyball and coaching juniors!*

IABVB is dedicated to the facilitation, development, and creation of opportunities for aspiring athletes' participation in beach volleyball as well as cultivating positive character.

### PLYOMETRICS

*Plyometric training has been shown to be one of the most effective ways of improving explosive power. All of our training programs work on developing explosive power, vertical jump height, stamina and speed and agility around the sand. Skill training alone, such as practicing spikes, won't develop the physical traits necessary to play to the athlete's full potential.*



### Our Bodies

Fuel. Plain and simple. When it comes to growing athletes, nothing is more important than

what we put into our bodies. Pregame eating, hydration and recovery are essential to every athlete, especially our youth. Knowing how to fuel and protect your body is just as important to skill development learned at IABVB. Skin care is a part of health. The sun can damage our skin and drain our energy and we must protect ourselves with sunscreen, sunglasses and headwear. We love your health as much as we love beach volleyball. Actually... more!!!



### Don't Forget The Boys

*Thanks to a grant from the Iowa Region, boys receive a special rate!*

**BEACH. VOLLEYBALL. IQ.**