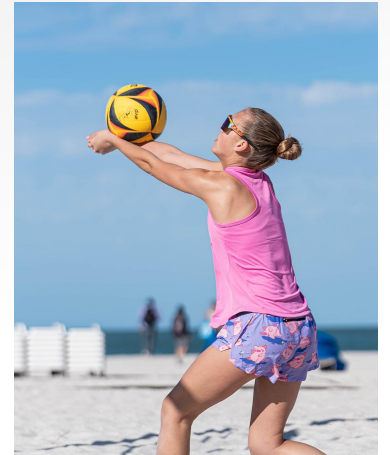




# BRAVO Beach Informational Meeting 2026



March 29, 2026



Introducing  
...

# BRAVO Beach Directors



Mason Hamilton and Lisa Ross





# About BRAVO

avp



- BRAVO is the premier and longest running volleyball club in the region in our 18th year!
- BRAVO is a USA Volleyball sanctioned indoor club. USAV is the National Governing Body (NGB) for the sport of volleyball in the United States.
- BRAVO is the only club in the region to offer an AVP America sanctioned Juniors Beach Volleyball Program for ages 12U to 18U. (AVP - Assoc. of Volleyball Professionals - PRO League)
- BRAVO is also the only USAV sanctioned Beach program in the State of Kentucky!
- We seek to teach individuals to excel, promote competitiveness, and develop leadership skills
- Our objective is to give individuals the training and playing experiences necessary to improve their overall volleyball skills and to give leadership skills to carry on with them through life!

## BRAVO Beach Facilities

- Rock's Beach - 974 Richpond Rockfield Rd. - 2 lighted courts
- Marsh Pit - 812 Plum Springs Loop - 1 lighted court



# Why Beach Volleyball?

- To be a beach volleyball athlete is to be a well-rounded athlete!
- With only 2 players competing on one side of the net, it teaches players responsibility and accountability to get the job done. Passing, setting, serving, hitting and ball control are all main elements of focus in beach volleyball. Throwing in outside factors such as wind, rain, heat or the cold adds new challenges into training and playing, but it ultimately strengthens your game, mentality and character. Beach volleyball is also a good sport to take up if you are looking for cross training for other sports because it improves your physical and mental strength as well as your explosiveness, speed and agility.
- Beach volleyball is one of the fastest growing sports in NCAA History making the quickest transition from an emerging sport to a full championship status sport in NCAA history. With the growth of the sport comes more and more opportunities for junior level athletes to have the chance to play collegiate beach volleyball.



# Why Beach Makes You Better!!

**10 REASONS WHY INDOOR PLAYERS SHOULD CROSS-TRAIN WITH MVP BEACH VOLLEYBALL**

- 1 Increased **Functional Strength** and Conditioning
- 2 Increased **Speed, Agility, and Balance**
- 3 Increased **Cardiovascular Fitness**
- 4 Master **Every Skill**
- 5 Always in – **No Sitting the Bench**
- 6 Enhanced **Court Coverage** and Awareness
- 7 Injury Prevention
- 8 Increased **Independence** and Confidence
- 9 Strengthens **Communication** and Problem Solving Skills
- 10 Fun, Low Stress, and **Good Tans!**

**TAKE YOUR GAME TO THE NEXT LEVEL WITH MVP BEACH VOLLEYBALL!**

Sign up today for one of our upcoming beach programs!

credit: MVP Beach/PIVC

- The best part about playing 2v2 is the fact that there's no competition for playing time. At tournaments, all players play all the time. There is no bench in beach.
- Also, it's a much more individual game than 6v6 indoor. It's just you and your partner, finding ways to make each other more successful and strategizing how to beat the other team.



# What You Can Expect?

- There is no stress over tryouts or which team you'll make.
- There is no "Bench in Beach". Everyone makes the Beach Team!
- Quality Instruction
  - Certified coaches with years of combined coaching experience and playing experience.
- Extended Training Schedule beyond club and school ball
- New Friendships (girls from different schools playing together)
- Increased Discipline
- Leadership Skills
- Education/IQ of the game - smarter players, not just better players
- Fun!



# What You Can Expect?

- Beach is relaxed, tailgate atmosphere, family fun in the sun
- Free admission for spectators. Free parking. No hard bleachers.
- No whistles or loud gyms.
- Individual sport - Earn individual points
- Build your own schedule! Register for your own tournaments and practices.
- Things to bring to every practice and tournament:
  - Sunglasses
  - Towel
  - Water/electrolyte drink
  - Visor/hat
  - Bug spray
  - Sunscreen - Yes, even on cloudy days!
  - Good and “Ready to Play” attitude 😊
- The weather can vary in terms of heat & sunshine, it's better to be over-prepared!



# NO, You DO NOT need a Partner

- We actually encourage that players do not have PERMANENT PARTNERS. This is a chance for athletes to explore their own skills! We have seen players being held back because they only play with one person the whole summer.
- Players & Parents find their own partner within BRAVO or even with players outside our club.
- If you cannot find a partner, then you can ask a Coach or Director to help.
- It is recommended to travel to other areas and play. Nashville area, Louisville, Lexington and beyond. You can find a list of other area tournaments @ [bravovbc.com](http://bravovbc.com) on the Beach tab under “Other Area Tournaments”. You can also do a radius search on [VolleyballLife.com](http://VolleyballLife.com)



**\*\*New for 2026\*\***

## **BRAVO Beach Practice Structure**

- Players will be divided into 2 divisions, Developmental and Advanced, based on skill level for practices.
- The Developmental (DEVOs) division will be primarily comprised of players that are new to beach volleyball or have less than 2 years of beach volleyball experience and can be any age. Parents can expect structured training designed to develop strong fundamentals and competitive skills. Players will improve consistency, tactical awareness, and overall performance through focused practice sessions and preparation for local tournaments.
- DEVO's will be further broken down by age groups. Specific age groups will be registration numbers driven but we plan to offer DEVOs - 12U, DEVOs - 14U and DEVOs - 15U+.
- Practices will be 1 ½ hours and offered 2x per week.



**\*\*New for 2026\*\***

## **BRAVO Beach Practice Structure**

- The Advanced division will be invite only and will be made up of players that are 14U or older and must have at least 2 years of sand/beach volleyball and/or 3+ years of indoor club playing experience.
- A Skills Evaluation will also be used to identify players that will be invited up to the Advanced division.
- Parents can expect an elite training environment for high-level athletes that wish to compete regionally and nationally. Players will receive advanced coaching, high-intensity practice sessions, and a strong focus on physical conditioning, strategy, and performance. This division is for the dedicated athletes committed to reaching their full competitive potential.
- Practices will be 2 hours in length and offered 2x per week.
- Individual players will be notified about the level of play they can sign up for. Players can also be invited “up” as the season on. This decision will be made by the Directors.



# BRAVO Beach Fees

- BRAVO Beach “Membership” is \$225 for the season.
  - Includes: Ability to sign up for practices, BRAVO Beach team shirt, admin costs, facility costs, insurance, etc.
  - Sales tax and website/registration fees additional (\$247 total)
- Practices are “a la carte” so you can make your own practice schedule. Practices are \$18 (DEVOs) or \$25 (Adv.) per practice and will be registered for individually.
- Please try to attend at least 12-15 practices! We will offer practices (weather dependent) every Tuesday and Thursday. North and South BG practice locations available depending on age/level.
- Membership fee does not include: Tournament registration fees, travel fees, AVP membership fees, or any NEW, USAV/Pioneer memberships (more on this later)



# BRAVO Beach Season Dates

- Registration opens on April 1st @ bravovbc.com
- Practices will begin April 28th and will run through the start of dead period in late June.

## BRAVO Beach Tournament Info

- Tournament registration will be open @ bravobeach.volleyballlife.com
- All tournaments will be held at Preston Miller Park (“The Water Park”) in Bowling Green.
- Start times can change slightly based on the weather.
- Tournaments typically last 4-5 hours per wave based on how deep the team goes into playoffs.
- Tournaments and practices are rain or shine unless lightning or severe weather. Decisions will be made right up to and through the event as needed. It is always a “GO” unless we officially tell you otherwise.



# BRAVO Beach Tournament Info (cont.)

- Tournament Schedule:
  - May 9-10
  - May 16-17
  - June 13-14
  - June 20-21
  - July 11-12
  - July 18-19
  - August 9
  - September 7 (tentative)



- Players are encouraged to "play up" and play both days, Example: 12's in the 14's division, 14's in the 16's division,
- Age groups could play on Saturday or Sunday, TBD.



# AVP & USAV Memberships

- All BRAVO Beach players will need an AVP and USAV Membership. The links for membership will be included in the registration.
  - AVP Silver Membership: \$35 (silver level is sufficient unless going to one of the Championships, can upgrade at any time.)
  - USAV Membership: If you played indoor in for a USAV club in **Kentucky or Tennessee** then your existing USAV membership is valid through August. If you did not play for an indoor USAV club, the USAV Beach only Membership is \$15.
    - This can be confusing, don't sweat it, we will help you navigate this.
- All BRAVO tournaments will be AVP Bid Qualifier tournaments. These bids (depending on date won) will be awarded for the AVP National Championship or West Coast Championships in California or the East Coast Championships in Florida.
- Select BRAVO tournaments will be USAV National Qualifiers, where DUAL NATIONALS BIDs can be earned.
- Additional memberships (p1440, BVNE, etc.) may be needed for outside tourneys, but only AVP and USAV for BRAVO hosted tourneys.



# AVP & USAV Age Clarifications

- 18 & Under - Graduating High School in 2026 or later.
  - % 2026 and/or 2027
- 16 & Under - Graduating High School in 2028 or later.
  - % 2028 and/or 2029
- 14 & Under - Graduating High School in 2030 or later.
  - % 2030 and/or 2031
- 12 & Under - Graduating High School in 2032 or later.
  - % 2032 and/or 2033+
- Beach Volleyball goes by grad year, not birthday like indoor.
- These dates will change on 9/1/2026 and bump up 1 year.
- Players can play up but cannot play down.



**BRAVO**  
*Beach*

INTRO TO BEACH VOLLEYBALL  
WITH BRAVO BEACH. TRY BEFORE  
YOU BUY!

**DATE**



~~THURS. 4/2 5:30-6:30~~  
THURS. 4/16 7:30-8:30

**ADDRESS**

MARSH PIT - 812 PLUM SPRINGS LOOP

**ABOUT**

THIS WILL BE A 1 HOUR SESSION AND CONSIST OF AN INTRODUCTION TO BEACH VOLLEYBALL. THIS IS INTENDED FOR PLAYERS THAT HAVE NEVER PLAYED BEFORE BUT ARE INTERESTED IN SIGNING UP TO PLAY FOR BRAVO BEACH THIS UPCOMING SEASON.

\*4/2 session is FULL



# \*\*New Offerings for 2026\*\*

- College Clinics
  - We will have at least 2 College Clinics this season on mornings before tournaments.
  - 2 different D1 programs are currently secured.
- Revamped BRAVO Beach Merch
- and more...



# Closing thoughts...

- You DO NOT have to play indoor club for BRAVO (or anyone) to play in the BRAVO Beach program. They are completely separate programs.  
**Everyone is welcome regardless of indoor club affiliation.**
- There is NO COACHING IN BEACH VOLLEYBALL unless you are a Certified Coach!
  - Spectators/Parents are only allowed to clap and cheer. Things like “Good job” and “Way to go” are generally safe words.
  - Comments like “Start passing”, “Good eye” or “Serve Short” etc. are considered coaching in these cases.
  - The players are their own referees. They call their own lines and violations. If an agreement can’t be made, we replay.
  - Let the kids make their own decisions and play the game. After all, that is a big part of the learning process in beach volleyball.
  - *Don’t embarrass your kid or yourself because you can’t contain your emotions!*
- Don’t forget sunscreen, tents and umbrellas.
- Hydrate, Hydrate, Hydrate!



Next steps...

- Registration opens 4/1 at [bravovbc.com](http://bravovbc.com)

Questions?

You can always contact us with questions at [bravovbc@gmail.com](mailto:bravovbc@gmail.com) or through our website.



# Stay Connected...

- Visit our website regularly @ [www.bravovbc.com](http://www.bravovbc.com)
- Follow and Share us on Social Media
  - Facebook – BRAVO Volleyball
  - Instagram – bravo\_ky

