

## What is Cal Coast?

### *Club Volleyball*

Club Volleyball is the best way for players to improve their skills and learn more about the game of volleyball. Girls' volleyball has elevated to an extremely competitive sport. Playing year-round has become imperative for the proper development of young volleyball players. In addition, club volleyball helps to prepare players to reach their full potential for their junior high, high school, and college programs.

### *Teams Offered*

Cal Coast offers teams for girls ages 8-18 at the national, regional and non-travel levels. Each team receives first-rate instruction from a Gold Medal Squared certified coach. The club season begins in December and ends in May, with optional tournament play available during the summer.



[www.calcoastvbc.com](http://www.calcoastvbc.com)



### **Mission Statement:**

Cal Coast Volleyball Club is a community based volleyball club in the Central Coast, committed to developing and promoting the sport of volleyball from an entry-level player to the elite athlete.

### **For Additional information:**

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## Why choose Cal Coast?

### Premier Coaching Staff

Cal Coast VBC offers an excellent, experienced coaching staff. We understand the importance of positive, quality coaching. We are proud to have staff with years of experience, both playing and coaching, from middle school through college levels. All coaches have the best interest of the athlete in mind and will seek to help each player develop their full potential.

### Excellent local Facilities and a consistent practice schedule

Cal Coast VBC operates out of the Five Cities and Nipomo areas to utilize the amazing facilities here on the central coast. We strive to provide a consistent schedule for all practices.

### Affordable Cost

Cal Coast VBC offers a first rate, quality experience at a reasonable rate. Travel teams enjoy top-notch competitive tournament play while non-travel players receive the same quality instruction without the burden travel commitments.

## Cal Coast Fees:

We realize that Club Volleyball is a significant expense. The goal of Cal Coast VBC is to have one price that includes just about everything a player needs for the season. Take a look at our Program Highlights for more information on the great benefits of Cal Coast Volleyball Club.

The fees for the 2009/2010 club season will be:

Travel	\$2,000
Non-Travel	\$800



## Program Highlights:

- Gold Medal Squared certified coaches and staff
- Consistent coaching philosophy
- Strength & Conditioning program
- Jump training
- Film review
- Local practices
- Travel arrangements for overnight tournaments
- Complete uniform package
- Frequently updated website
- Recruiting profiles on website

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