

RVC Beach Webpage: FAQs

Q: Do I need prior volleyball experience to participate?

A: Preferably Yes, beach volleyball is much more difficult than indoor volleyball. We recommend a minimal level of indoor experience in either middle school, high school, and/or camps or clinics. Please contact us if you are unsure, so we can answer your questions.

Q: What are the benefits to playing beach volleyball?

A: Research shows that cross training in multiple sports produces better overall athletes in college and beyond. And while beach volleyball is still volleyball, it is a very different physical activity than indoor volleyball. Indoor volleyball is largely an anaerobic sport, with short bursts of power followed by rest periods. Beach volleyball is much more of an aerobic endurance sport, due to the sand & heat (you are working much harder), and requires finesse and a strong mental aptitude.

Q: What types of athletes play beach volleyball?

A: Beach volleyball is not just for indoor volleyball players. At the adult level, 50-75% of beach players come from other sports. Especially those that enjoy playing outdoor sports (i.e. soccer, baseball etc).

Q: Do I need a partner to participate?

A: NO, our practices are designed to train each individual, and we will match you up with different partners each week. Our KOB tournaments are also designed so that individuals can sign up without a partner.

Q: If I have a partner I want to play with, can I practice with them?

A: YES, although we encourage you to meet new friends, you can train with a selected partner at practice. You will eventually need a partner if you plan on entering into the optional "pairs" tournaments.

Q: Can I miss practices/tournaments for vacation and camps?

A: YES, we run a very laid back atmosphere. Come and go as you please, but keep in mind that the amount of practices & tournaments attended strongly correlates to the perceived skill level.

Q: What is a "KOB Tournament"?

A: Stands for "King/Queen of the Beach" in which each athlete enters into the tournament as an individual, and rotates through randomly selected partners throughout the day. Best overall individual record, wins! This is a great opportunity for new & experienced athletes to get experience, and network with others.

Q: Are KOB tournaments included/required?

A: All local KOB tournaments at Greenwood Park are included in the dues. It is highly recommended you attend them to gain valuable experience, but you are not required to attend in order to participate in the weekday training sessions.

Q: What is a "Pairs Tournament"?

A: A pairs tournament, is a tournament in which you pre-select a partner to enter into that tournament with, and you will play with only that partner the entire day.

Q: What if my partner can only play half the season, or is on vacation?

A: We encourage everyone to play with multiple partners throughout the summer season. You are not "locked" in to playing with only one person.

Q: Are there any uniform requirements?

A: NO, although we do provide a tank-top that we like for the athletes to wear, you can wear whatever you want.

Q: What other tournaments can I play in, besides the KOB tournaments at Greenwood Park?

A: The head coach will give you a list of optional tournaments you can participate in, throughout the summer.

Q: If I play for a different indoor club, or don't play club at all, can I participate?

A: YES, you just need to become an RVC member ([link](#))

Q: We have a busy summer schedule and can't attend any of the juniors tournaments, what can we do?

A: The head coach will provide a schedule for the entire summer. There is a juniors or adult tournament, literally every weekend from May-August, within a 3hr drive of Richmond. It is more than appropriate for any 14&U girls or boys to play in adult tournaments (men's or women's A/AA).

Q: Will coaches be available at tournaments?

A: YES, the coaches will pre-select the most attended & competition-worthy tournaments (in Virginia), and be available to help players at those tournaments. A list of these tournaments will be provided by the head coach.

Q: What is the "Advanced Team"?

A: The Advanced Team was formed in order to provide specialty training to those interested in traveling to away beach tournaments in Hampton, Virginia Beach, and beyond. This type of training closely resembles the high level of training you would expect from an indoor travel club team.

Q: What is required to be selected to the "Advanced Team"?

A: The most important qualities we are looking for include: (1) Commitment to play in away tournaments, (2) practice attendance, (3) Players with prior experience in beach volleyball, (4) Great attitude & work ethic, (5) Overall results at KOB & Pairs tournaments

Q: What is the "Advanced Team Extension"?

A: The Advanced Team Extension is simply meant as a laid back training option to keep players playing throughout August so they don't lose their skills, in order to compete in the East Coast Surfing Championships in Virginia Beach at the end of August (the largest junior's beach tournament on the east coast).

Q: Will National/Zonal indoor players be automatically selected for the Advanced Team?

A: NO, just because a player is good at indoor volleyball, doesn't mean they will be good at beach volleyball (and vice versa). Many of our best & most committed players come from the State level. We strongly encourage all levels of indoor players to come out and give it a try!

Q: What do we do in case the weather is bad?

A: We follow the same general guidelines as other outdoor sports (baseball, soccer, field hockey etc.). If there is thunder/lightning, or torrential downpours then practice/tournaments are canceled. If there is only rain/wind, we keep playing!