



“Toes On The Line”
*A Periodic Update of What is
Happening on the Beach for Breaker
Elite and Competitive Athletes and
Parents*

June 15th, 2011-Issue #2

Special Tournament Information Issue

Things to know for Tournaments!

Darcy Bruce has put together a list of things to know before your tournament- here are her ideas with a few of my own.

- **ALWAYS have sunglasses, a hat, sunscreen and water!!!!!!!**
- Have snacks to eat throughout the day that won't sit heavy. Don't wait till you are hungry to eat.
- Both players must go to the sign in tent **BEFORE** sign in closes. Try to be at the beach before 8:15am!
 - Make sure you are at your assigned court on time! Listen for announcements.
- Bring clothes for cold, hot or rainy weather! If there is no thunder and lightning you **WILL BE PLAYING!**
 - Eat a healthy lunch! You will feel better when playing.
 - Always warm up before games!
 - Always take your technical time outs! (At the sum of 21 points e.g. Score is 11-10)
- Use the bathroom **BEFORE** the game starts! Once it starts you cannot leave to use it...
 - Always wear a hat when not playing or stay in the shade.

Warm-up

- Both you and your partner should bring your ball for warm-up. After your warm up please put the ball away in your bag. Balls have a way of walking away on a busy beach!
 - Do a proper warm-up before each match (jog, stretch, short court)
 - During your team warm-up make sure you both hit from both sides of the court.
- For your serving warm-up serve to your partner not your opponent. Make sure you switch sides so you know how to serve with and against the wind.
- When you spin to determine side or serve you **always** want the side with the wind in your face.

Officiating

- You are expected to officiate during competition. Both you and your partner should be standing. One on each side of the court. No one else is allowed beside the court so no friends or other Breaker athletes near you.

- Be aware of the rules and do not be afraid to enforce them. If you are not sure, find an OVA official before allowing the match to continue.

Coaches

- Your coach or another Breaker coach will be at this week's tournament to help you. After you and your partner check in please go to the Breaker Tent and connect with your coach.
 - Please ask him or her any questions you may have.
- Use all of your time outs per game -you have one team time out and one technical time out. If your coach is at your court please speak to him/her for some game tips and strategy.
 - Between Matches it is a good idea to talk briefly to your coach.

Parents

- Parents, there is no coaching for beach... Please don't coach from the sidelines! Save comments and suggestions for after matches.

Between Matches and Officiating duties it is important that you manage your son/daughters time. It is important that they stay out of the sun, eat healthy, and are properly hydrated.

Partners

Elite Players: this Thursday we will assign permanent partners. This way you will be able to play in all the remaining tournaments together.

Provincial Championships

- **Athletes must play in Three (3) Tournaments to qualify for the Provincials. I may have indicated two in previous communications.**

Breakers Satellite Tournament

Please note that this tournament is on Sunday, July 23rd.

IMPORTANT!

John Child and Mark Heese Beach Camp. July 11th, 12th & 13th.

This is included in your Beach Registration.

You have already paid for this!

Olympic Medalists John Child and Mark Heese Beach Camp

For the past two years, as part of our Elite and Competitive Beach Program, Olympic Medalist Mark Heese has traveled out to work with our athletes for a few hours throughout the summer.

This year we will have Mark and his Olympic partner John Child working with our athletes for 3 days as part of our Elite and Competitive 2's Beach Program.



3 Mornings or Afternoon Training Sessions with Olympic medalist Mark Heese and John Child (July 11-13, 2011)

- Please mark the dates July 11, 12 and 13th.
- All Athletes that train from 5:00 - 6:30 on Tuesdays and Thursdays will be in the morning session from 8am – 12pm.

- All Athletes that train from 6:30 – 8:00 pm on Tuesdays and Thursdays will be in the Afternoon session starting at 1pm

**Overkill
Wednesday Night
Drop-n 2's**



**Two
Toonies to
play 2's**

To get your game to the next level you need to play more games in a competitive environment. You are learning the skills but need to practice them during a game. Overkill is sponsoring a drop-in 2's Beach Volleyball every Wednesday Night @ the EAST END of Victoria Beach (Cobourg Beach). Show up ANY TIME and \$4.00 per player gets you all the volleyball you want between 6pm & 8pm. Come down with your partner, friend or on your own and find a partner. Games are 20 minutes long and winners move up and losers move down. Every night we draw winners for cool Overkill T-shirts.

Beach Balls



Each Player should have their own Official Mikasa Beach Volleyball if they are planning on playing on the OVA tour. We have a few balls left for \$60.00 Please let me know if you want one.

Important Dates:

Date	Event
July 11/12/13	Childs and Heese Beach Camp
Sunday, July 24th	Breakers/OVA Satellite Beach Volleyball Tournament
July 30 th and 31 st	Youth Open, 15 and 16U Provincial Championships
August 6	12U-14U Provincial Championships
August 6/7	18U Provincial Championships
August 21	Club Championships
August 26-28	Beach National Championships

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