

BEACH VOLLEYBALL | A SPORT RAPIDLY RISING

Outdoor Program Director, Erica Hozeska, takes pride in providing all her training programs with purpose. She sees value in the development and growth of each individual athlete and continues to find ways to grow the sport in the State of Wisconsin.

2024 Milwaukee Sting Girls & Boys Beach Club

Our coed beach club program is for any and all student athletes going into 7th-12th grade. This is an opportunity to dive into beach volleyball, learn the necessary tactics & techniques, and develop your skills. Beach volleyball is a training tool that can increase stability, aid in core strength, and improve communication. Additional benefits include heightened court awareness, quicker decision making, superior execution, and enhanced ball control.

Beach Club is for athletes new or even a few years into sand who are looking to learn the sport and grow.

Beach Club Summer Breakdown

- Two - 4 week sessions to choose from
- 2 - 90 min sessions per week
- Work with our highly trained and highly motivated beach coaches & alumni!
- Mondays & Wednesdays | Fall 24' Middle School (7th & 8th)**
- Tuesdays & Thursdays | Fall 24' High School (9th-12th)**
- Time | 10:30am-12:00pm
- Training program built through our partnership with [Better at Beach](#)
- Access to your own training portal with [Better at Beach](#)
- FriscoMo T-Shirt Included

Choose your session based on your summer availability

First Session Dates | Middle School (Fall 24' 7th & 8th grade)

06/10, 06/12, 06/17, 06/19, 06/24, 06/26, 07/08, 07/10

First Session Dates | High School (Fall 24' 9th-12th grade)

06/11, 06/13, 06/18, 06/20, 06/25, 06/27, 07/09, 07/10- due to Waupaca Boatride Junior Clinic

Second Session Dates | Middle School (Fall 24' 7th & 8th grade)

07/15, 07/17, 07/22, 07/24, 07/29, 07/31, 08/05, 08/07

Second Session Dates | High School (Fall 24' 9th-12th grade)

07/16, 07/18, 07/23, 07/25, 07/30, 08/01, 08/06, 08/08

Weather Cancellation Make-Up Dates | Week of August 12th-15th

