

## 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.

### 2025 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

- 8 WEEK SEASON
- 2 - 120 min sessions per week
- Work with our highly trained and highly motivated beach coaches & alumni!
- Girls Middle School & High School**
  - REGISTER BY GRAD YEARS 2025-2031 (7th-12th grade)
  - Cost: \$300 per athlete | Register Individually
  - Mondays and Wednesdays
  - 10:30am-12:30pm
  - OFF June 30-July 6
- Boys Middle School & High School**
  - REGISTER BY GRAD YEARS 2025-2031 (7th-12th grade)
  - Cost: \$300 per athlete | Register Individually
  - Mondays and Wednesdays
  - 10:30am-12:30am
  - OFF June 30-July 6
- Training program built through our partnership with [Better at Beach](#)
- Access to your own training portal with [Better at Beach](#)
- FriscoMo T-Shirt Included
- 1 discounted rate for the Wisconsin Beach Series

#### Dates for 2025 Beach Club

June: 06/09, 06/11, 06/16, 06/18, 06/23, 06/25

July: 07/07, 07/09, 07/14, 07/16, 07/21, 07/23, 07/28, 07/30

August: 08/04, 08/06

Any Weather Cancellations - Please see this [document](#)

- We will use August 11th or August 13th for make up days

Any questions please reach out to Outdoor Program Director: Erica Hozeska  
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