



Chicago Sand Volleyball: The Sideout Series



ATHLETE OF THE WEEK: LILLY CARROLL

This week's Athlete Of The Week is rising junior at Glenbard West High School, Lilly Carroll. Lilly has been playing indoor since 8th grade, and started beach the following year. When asked what skill she was most looking forward to working on this summer she said both blocking and off blocker defense. A career highlight for Lilly on the sand was her partner and her getting second at an AVP tournament a few weeks back. This tournament, she said her partner and her "had good partner chemistry for playing with eachother for the first time!"



IMPORTANT DATES:

More info on these tourneys + more:
<https://www.chicagosandvolleyball.org/nationals/midwest-championship>

7/14 REGISTRATION DEADLINE FOR 7/15 TOURNAMENT

7/15 2STAR AVP TOURNAMENT

7/17 REGISTRATION CLOSES FOR BEST OF THE MIDWEST 2 STAR

7/22 REGISTRATION CLOSES FOR USAV JUNIOR BEACH NATIONALS

NEED HELP REGISTERING FOR NATIONALS, BOOKING HOTELS/FLIGHTS, ETC? CONTACT MATT AT MMADIA@CHICAGOSANDVOLLEYBALL.COM

KING/QUEEN OF THE COURT SLUNKFEST

FRIDAY AUG 12TH
 PLAYERS EARN POINTS FOR EACH AVP TOURNAMENT THEY PLAY IN FINAL TOURNAMENT OF THE SEASON!

4V4 BATTLE ON THE SAND

FRIDAY AUG 5TH
 3 DIVISIONS PER GENDER: 18/16/14U
 CAN HAVE UP TO 5 PLAYERS, 4 ON AT A TIME

COACH'S CORNER

FEATURING COACH JOE KENZINGER



Coach Joe Kenzinger has been playing indoor volleyball since he was in seventh grade, and just recently began his beach career as well. Joe is currently on the men's team at Lewis University, and his favorite memory as a player was beating Ohio State last season in a reverse sweep. In his time at Lewis he was named a captain and helped the team to three conference championships and two final four appearances. He was also invited to play on the USA U21 Junior National Team. As he transitions into a coaching career, he said he loves that each athlete he coaches is so unique. Joe's biggest tip to CSV athletes is to "play as much sand as possible because it's a game of experience more than anything!"

DID YOU KNOW?

WHEN YOU WORKOUT THE PROTEINS IN YOUR MUSCLE FIBERS ARE DAMAGED. RESEARCH SHOWS THE BEST WAY TO REPAIR THAT MUSCLE IS TO CONSUME PROTEIN ROUGHLY 0.4 TO 0.5 G/KG (0.18 TO 0.22G/LB) OF BODY WEIGHT AFTER YOUR WORKOUT.

CSV'S PLAY OF THE WEEK

VIEW THIS WEEKS PLAY BY FOLLOWING THIS LINK:

[HTTPS://YOUTU.BE/LGYG3WLMSJA](https://youtu.be/LGYG3WLMSJA)



SUBMIT A VIDEO OF YOUR PLAY FOR A CHANCE TO WIN A PRIZE OF YOUR CHOICE:

[HTTPS://FORMS.GLE/8S26QD9WCAXRDL69](https://forms.gle/8S26QD9WCAXRDL69)

TOURNAMENT FINISHES 7/8

IT'S BID SEASON!

16U Boys

- 1st- McCormick & Gonzalez
- 2nd- Farrell & Turner
- 3rd- Decker & Creaney



14U Girls

- 1st- Varghese & Rojas
- 2nd- Phillips & Downs
- 3rd- Spencer & Koeling



16U Girls

- 1st- Bracken & Boumans
- 2nd- Francis & Dostall
- 3rd- Varghese & Gombao



18U Boys

- 1st- Minard & Mathison
- 2nd- Moran & Butler
- 3rd- Bayston & Veldman



NEXT TOURNAMENT: 7/15

NATIONAL TOURNAMENTS:

If you have won a bid at any of the previous AVP/CSV 1-Star or 2-Star tournaments so far this year, you have an opportunity to compete at one of the following amazing tournaments! For more specific information the links to all of these tournaments can be found on our website under the tab "tournaments"! If you need help with registration, booking flights, finding hotels, etc we are happy to help! Please contact us via DM, email or the contact form on our website!

AVP Junior Nationals

HERMOSA BEACH, CA JULY 5-10

USAV Junior Beach Nationals

FORT LAUDERDALE, FL JULY 26-28

AVP Beach Week

ATLANTIC CITY, NJ JULY 19-25

AVP Midwest Championships

RACINE, WI JULY 16-17

Best of the Midwest

RACINE, WI JULY 24-25

AVP West Coast Championships

HUNTINGTON BEACH, CA NOV 12-13

AVP East Coast Championships

CLEARWATER BEACH, FL NOV 25-27



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