



Chicago Sand Volleyball: The Sideout Series



FINAL TOURNAMENT: KING/QUEEN OF THE COURT:

EACH ROUND IS BETWEEN 15-25 MINUTES OF PLAY AND YOU EARN POINTS EVERY TIME YOU ARE ON THE "KING" SIDE. THIS IS A GREAT EVENT FOR BUILDING ENDURANCE & HAVING FUN! MORE DETAILS TO COME SOON, BUT WE CAP EACH DIVISION AT JUST 20 TEAMS SO DONT WAIT TO REGISTER!
FRIDAY AUGUST 12TH AT FOUR LAKES

IMPORTANT DATES:

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

- 8/8-
8/11 LAST WEEK OF PRACTICE
- 8/11 REGISTRATION CLOSES
FOR 8/12 TOURNAMENT
- 8/12 KING/QUEEN OF THE
COURT TOURNAMENT



NEW: ADULT DIVISIONS!

WE'VE ADDED ADULT DIVISIONS WITH CASH PAYOUTS TO ALL OF OUR REMAINING TOURNAMENTS THIS SEASON! SIGN UP ON OUR WEBSITE!

COACH'S CORNER

FEATURING COACH MICHAEL SACK



Coach Michael is entering his fourth year at Lewis University, where he is a redshirt junior on the Men's volleyball team and studies Forensic Criminal Investigation. Both of Sack's parents attended Lewis University as well, and graduated together in 1989. The Oak Lawn, IL native played for Chicago Volleyball Club and had the opportunity to compete on the USA Volleyball Men's Junior A1 Training Team back in 2018. He attended St. Laurence High School where he tabbed Chicago Catholic League All-Conference team all four years! Sack says his favorite part of coaching is the reward he feels when his players improve and play well on the weekends after a long week of practice. His advice to CSV athletes would be to stay present, instead of looking back on past failures he says the best players learn from it and move forward.

DID YOU KNOW?

THE AMERICAN COLLEGE OF SPORTS MEDICINE RECOMMENDS DRINKING ABOUT 20 OUNCES OF FLUID FOR EVERY POUND YOU LOSE WHILE EXERCISING? BE SURE TO WEIGH YOURSELF JUST BEFORE AND JUST AFTER YOUR WORKOUT TO KNOW HOW MUCH WATER YOU SHOULD BE DRINKING!

CSV'S PLAY OF THE WEEK

VIEW THIS WEEKS PLAY BY FOLLOWING THIS LINK

[HTTPS://YOUTU.BE/IFC-SR6TOWQ](https://youtu.be/IFC-SR6TOWQ)



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

[HTTPS://FORMS.GLE/8S2GQD9WCAXRDL968](https://forms.gle/8S2GQD9WCAXRDL968)

TOURNAMENT FINISHES 8/5

4V4 TOURNAMENT



18U/16U Boys

- 1st- Team Bounce Ball
(Henderson, Levinson, Matel-Sanchez, Stuttgen)
- 2nd- Team RedHawks
(Aldrich, McGrath, Gregori, Waite)
- 3rd- Team Ball of Duty
(McIntyre, Alegria, Kwiatkowski, Grey)



18/16U Girls

- 1st- Team 13 Purple
(Son, Stadolinik, Kurtz, Kurtz)
- 2nd- Team Fantastic Four
(Riff-Regas, Glisson, Wojdyla, Rossini)
- 3rd- Team MOD Squad
(Schulz, Gorat, Rossi, McHatten)

NEXT TOURNAMENT: 8/12

ATHLETE OF THE WEEK:

COLIN SCHAEFER

Colin started his volleyball career in 6th grade and said as soon as he hit the court he knew this was going to be his sport. While the Glenview North High School rising senior will continue to play on both the varsity football and varsity volleyball teams this year, Colin is currently going through the recruiting process hoping to play indoor volleyball in college. Throughout his team's last season, he saw action in all 41 sets, averaged 4.6 assists/set and recorded over 50 digs on the season.



@chicagosandvolleyball