



# Chicago Sand Volleyball: The Sideout Series



## IMPORTANT DATES:

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

**7/28** REGISTRATION DEADLINE  
FOR 7/29 TOURNAMENT

**7/29** 1STAR AVP / CSV  
TOURNAMENT

**8/5** 4V4 TOURNAMENT

**8/12** KING/QUEEN OF THE  
COURT TOURNAMENT

## SPECIALTY CSV EVENTS: 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 DON'T WAIT TO REGISTER!  
*FRIDAY AUGUST 12TH AT FOUR LAKES*

## 4V4 TOURNAMENT:

WITH THE GROWING POPULARITY OF 4V4 IN BEACH WE WANTED TO OFFER OUR ATHLETES A FUN OPPORTUNITY TO PLAY WITH MORE THAN ONLY THEIR NORMAL PARTNER! EACH TEAM CAN HAVE A MAX OF 5 PLAYERS, BUT ONLY 4 MAY BE ON THE COURT AT A TIME. MORE INFO ON OUR WEBSITE.  
*FRIDAY AUGUST 5TH AT FOUR LAKES*

## NEW: ADULT DIVISIONS!

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

## COACH'S CORNER

FEATURING COACH ADDIE BARNES



Coach Addie Barnes is a rising senior at Loyola University Chicago, where she's majoring in Communications and also playing on Loyola's indoor women's team. The Wisconsin native has had a very successful career at Loyola, receiving numerous accolades such as All-Conference honors and 2019 Freshman of the Year. Her favorite memory as a player is beating a conference rival team to clinch the Regular Season Missouri Valley Conference Champions title. This is her first season coaching beach, but Addie said she loves working with a player on a specific skill and seeing it finally click for them. She said she's enjoyed seeing how players have progressed throughout the season.

### DID YOU KNOW?

STRETCHING NATURALLY LENGTHENS YOUR BODY'S MUSCLES, IMPROVES CIRCULATION AND BLOOD FLOW WHILE ALSO ELIMINATING SORENESS AND LOWERING THE RISK OF INJURY. BE SURE TO SET ASIDE TIME AFTER A WORKOUT OR BEFORE BED TO PROPERLY STRETCH! IT CAN BE WHILE YOU'RE WATCHING TV, EATING A SNACK, DOING YOGA, ETC.

## CSV'S PLAY OF THE WEEK

VIEW THIS WEEK'S PLAY BY FOLLOWING THIS LINK

<https://youtu.be/BHMLPTZYIK8>



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

<https://forms.gle/BS26QD9WCAXRDL969>

## TOURNAMENT FINISHES 7/22

IT'S BID SEASON!

### 18U Boys

- 1st- Veldman & Bayston
- 2nd- Mead & Barbary
- 3rd- Tan & Lee



### 14U Girls

- 1st- Mossey & Knight
- 2nd- Varghese & Rojas
- 3rd- Gorey & Enderle



### 18U Girls

- 1st- Kalyan & Slager
- 2nd- Johnson & Malle
- 3rd- Tan & Bueser



NEXT TOURNAMENT: 7/29

## ATHLETE(S) OF THE WEEK:

This week we have not one but TWO athletes of the week because this awesome duo was too good to choose! Finley and Madeline always show up to practice with smiles on their faces, ready to have fun! Plus, they finished top three in their division this weekend!



Check out their awesome CSV jerseys from Dynamic Sports Gear!



@chicagosandvolleyball