

A photograph of three volleyball players in black and white uniforms jumping over a net. One player on the left is reaching for a volleyball. The text "San Diego Shorebreak VBC" is overlaid in orange.

San Diego Shorebreak VBC

2010 Boys Summer Workouts!

Coast VBC opens its doors to San Diego Shorebreak boys volleyball club!

These summer workouts feature the following program leaders:

- 2010 JO Gold Medal Coach Ted Summers-Torres
 - 2010 JO Silver Medal Coach Bjorn Dahl
- will be running summer workouts at Coast Volleyball Club. To see Ted's bio [click here](#). To see Bjorn's bio, [click here](#).

The workouts are age grouped 14s to 16s, and the 17s and 18s will be blended with college players. This program will stress fundamentals and advanced system play. All workouts will take place at Coast VBC conveniently located in Sorrento Valley. [Click here](#) for directions.

When: Every Monday, Wednesday starting July 19th.
(No practice Monday 8/23)

Time: For all age groups will be 6-8pm

Cost: \$15 per session or \$150 for all 13 sessions.

For questions please feel free to contact :
Coach Ted at tlsummerstor@gmail.com
or Bjorn at bjorn@dahlacademy.com

Coast Volleyball Club
11526 Sorrento Valley Rd
San Diego CA 92121
858.793.7743

