

# Welcome 2026 Freshmen Athletes Ready to Join the Fun @ Cougar Beach!



**Join Sandy Cougar Beach Volleyball for a competitive, fun team environment focused on athletic and personal growth.**

- **The Cauldron:** Our internal league for all levels hones every player's skills and teamwork.
- **Developmental & JV Program:** New players learn and develop the fundamentals of beach volleyball.
- **Varsity Team:** Continuously ranked among the top 15 in California.

**Join us for a season of growth, learning, and competitive play at all levels!**

Got Questions? Contact [artiemaidman@hotmail.com](mailto:artiemaidman@hotmail.com) / M: 805-312-4677

## Season Timeline:

### Summer Training:

**Beach Week One** - July 7, 8 & 9 - 8am to 10am

**Beach Week Two** – July 27 thru 30

Freshmen-Sophomores 27 & 29 / Juniors – Seniors 28 & 29

- Kick-off Meeting:** Late October TBA
- Fall Training Block 1:** Nov. / Dec.
- Holiday Sparkle & Spike:** Dec. 10ish
- Winter Training Block:** Jan. & Feb.
- Dual Season:** Mid-Feb. Thru Mid-April
- Tacos on The Beach:** Mid-March
- CIF Team & Pairs Competitions:** Mid-April
- Taco Beach Bash Banquet** – Mid May



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