

# Innerlight Beach 2026

## Vision-

The program will be run by our Elite Sand Director Cory Felts, the current training director at Innerlight VC and former professional sand competitor, and his staff. Cory has played and/or coached indoor and sand volleyball for 30+ years. In addition to Cory's training, he will be assisted by former Lady Vol/FGCU indoor and beach player, Lily Felts, and Boone Felts, current indoor player at McKendree University. Beach training will focus on your personal development, confidence, strength and agility; all of which you can take back to indoor to improve your all-around game.

## Benefits include-

- Builds quick thinking and problem-solving ability
- Overall fitness is improved through vigorous nature of competition
- Toughness and grit improve, as well, because of the difficulty of the sport and having to deal with the adverse conditions (sand, sun, wind)
- Develops more versatile, all-around players because with only two players covering the entire court, all skills must be utilized
- The number of touches/ reps, in the average beach practice, is much more than in a typical indoor practice
- Increases college opportunities, as beach volleyball is the fastest growing sport in NCAA history

## Partners/Skill Levels-

- *BOYS beach 14U-18U*: No partner is required. The boys program will only be run if we can get enough numbers. If the number of boys is insufficient, you will be issued a full refund. If any boys would like to play regardless of numbers, they will be welcome to attend our regular beach practices with our girls program.
- *GIRLS Elite beach 15-18u*: It is highly encouraged that you have a partner in mind. This should be someone who will consistently come to practice with you and potentially want to participate in tournaments. Elite beach is for athletes who have played beach before or who have played indoor club/high school volleyball at a high level. This program is more challenging than the beginner's program and is intended for players that have a solid grasp of the basics of ball control and volleyball strategy. Limited spots available in Elite; any final placement decision is solely Coach Cory's discretion based on skill level and experience.
- *GIRLS Littles 13-14u/Beginner beach 15-18u*: No partner is required if you are joining for only training. We will try and pair you with someone if you do not have a partner. Beginner beach is for those just getting into beach volleyball or for those who want to learn the basics. This program is recommended for athletes newer to volleyball in general or athletes who want a little more time mastering technique before diving into Elite Beach.

**If you cannot find a partner, you can still sign up!** There will be other players who need partners. Please feel free to discuss options with Coach Cory for partners and we will do our best to help pair you up at both levels.

### **Beach Training Dates-**

- Elite- May 5<sup>th</sup> – June 26<sup>th</sup> : Tues/Thur evenings 6:00-8:00 (open play after)
- Beginner/Littles- May 12<sup>th</sup>- June 26<sup>th</sup> : Tues/Thur late afternoon 4:30-6:00
- Boys- May 26<sup>th</sup> - July 16<sup>th</sup> : Tues/Thurs mornings 9:30-11:30 (No boys practice July 1<sup>st</sup> - July 8<sup>th</sup>)
- (Time and dates may shift based on # of participants)

### **Beach Gear-**

Link to purchase your Innerlight Beach gear: <https://friscomo.com/collections/innerlight-vbc> or go to FriscoMo.com, go to custom shops, club, find Innerlight Beach. Parents are encouraged to buy whatever items you want for yourselves as well. We do require that you play tournaments in Innerlight gear so you can represent our shield and our brand. So please keep that in mind when ordering. We will be adding new gear there soon too!

### **Tournaments-**

Tournaments are not mandatory nor required. We will send out a list of the tournaments we know about or as we find out about them. Please plan to travel to as many or as little as you and your partner want to. We will put together a list of recommended tournaments for the summer, however you can go to any that you wish.

### **Memberships-**

We are a JVA Club and we will purchase your JVA Membership as part of your dues, however in order to play in most tournaments, you will need an AVP America number and in some cases a USAV Beach number at additional cost. You will be required to purchase these before you play in an AVP or USAV event. Links for these memberships will be sent out. Only sign up for a membership if you are playing in a tournament that requires it.

### **Location-**

2209 Moulden Hollow Road  
Knoxville, TN 37914

(do not park on the road, pull past the house into the courts on the far right, we have a parking area)

### **Program cost-**

Elite \$400 or Beginner/Littles/Boys \$300

### **Registration-**

You are REQUIRED to register on Team Snap at the link below. You can pay via card with Team Snap at time of registration, Venmo, or check/cash. **If you would like to pay via Venmo or check/cash, complete the entire registration on Team Snap all the way**

through to check out and then select “more payment options”. Then select the cash option and complete registration.

## GIRLS REGISTRATION

<https://registration.teamsnap.com/form/57396>

## BOYS REGISTRATION

<https://registration.teamsnap.com/form/60855>

**Payment can be made via Venmo @Cory-Felts-1 (phone code 2705), cash or check. Please be prepared to have this completed by first practice.**

### **Communication-**

We use Facebook and Instagram to communicate updates and brag on our players. We will also email you important information throughout the season so be sure you register so that you are on that distribution list.

Facebook: Innerlight VC  
Instagram: innerlightvc

Rain delays and practice cancellations will be announced via Facebook and Instagram, so please be sure to follow us and check those platforms when the weather is looking iffy. We will do our best to have make-up days when possible.

Cory is always available via cell or email, so please do not hesitate to reach out.  
865-300-2705 or feltsvolleyball@gmail.com

*"It's easier to take your outdoor skills into the gym than to bring your indoor skills outside. Simple reason. Beach volleyball forces you to have all the skills. That's why I think it's a good idea for indoor players to play on the beach. Learning those skills can only help improve a player's indoor performance. All my years playing on the beach as a kid certainly helped my indoor game. If nothing else, a player's quickness and jump will be increased by playing on soft sand."*

*-3-time Olympic Gold Medalist & current USA Olympic Team Head Coach -Karch Kiraly*

