



JVA February Club of the Month



**BoomTown
Austin Beach Volleyball Club**

[Website](#)

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Our February award winning club opened its doors at the local park in October of 2010 and became Austin's first beach volleyball club. Currently in its second season and already making plans to build its own facility in Cedar Park, Texas, BoomTown ABVC knows how hard its players need to train to catch up to the juniors in the bigger volleyball states. The club strives to give junior girls and boys ranging in age from 8 to 22 years old a group of competition teams that compete regionally and nationally throughout the calendar year. Beach volleyball in the Texas Region is rapidly on the rise, and with the training of Head Coach and Director Eric Valdez, the goal is to be able to compete with the best of California and Florida.

Boomtown ABVC currently has eight teams of two. Teams practice three times per week with one practice each week dedicated to strength and conditioning with plyo-metric training, kettle bell workouts and core training. In previous seasons, BoomTown players had a dramatic increase in their vertical, foot speed and knowledge of the game. Valdez says "Last season's juniors all increased their verticals at least 4 inches, foot speed increased exponentially, and their knowledge of the game has gone up tremendously. I have checked up on the BoomTown juniors throughout their high school season and cannot believe how much better the juniors have progressed just after one season in the sand. It is great to see all of the juniors having fun and getting better."

Many of the juniors have elected to compete in sand volleyball only. The few that compete in sand, as well as high school or club, have shown vast improvements in their court game after only a single season with BoomTown. Sand training has proven to be an important ingredient to developing well rounded athletes on the sand and indoors. The club's philosophy is simple: "prepare our athletes to compete at the club, high school and collegiate level, whether it's on the court or in the sand."

In BoomTown's inaugural year, two teams qualified for USA Volleyball Beach Nationals, and two teams competed in Sinjin Smith's Collegiate Regional Championships, with one team placing fifth in the Collegiate National Championship. The club has proven to be a top contender in Texas and continues to push the juniors to higher levels. In an effort to keep its juniors healthy and ensure injured athletes are taken care of, BoomTown has partnered with Dr. Dan Bockmann and Austin Spine and Sport, to assist sand athletes with treating and preventing volleyball injuries.

2012 is going to be a great year for the growth of BoomTown. The club has partnered with the Side-Out Foundation to host "Rock the Pink" Beach Volleyball tournament benefitting breast cancer awareness education. This event will be Side-Out Foundation's first beach event in the Austin, Texas metro-area. As more universities add sand volleyball programs, it is the club's goal to ensure BoomTown juniors have the tools to play sand volleyball at the collegiate level. The JVA is proud of this member's commitment to growing the sport of sand volleyball and finding its niche in the junior volleyball community.



Interested in nominating your club for JVA Club of the Month? [Here's how.](#)