

ABOUT

Andrew Costa



TESTIMONIALS

"The camp was a great introduction to the sport and it led me to play in multiple tournaments for years to come. My skill and knowledge of the beach game has naturally developed over the years but I truly believe my early exposure and baseline strategic knowledge I learned from Andrew's camp has given me a major advantage over those with no experience. Beach has really helped my ball control with indoor and I think it's a huge part of why I was able to play at the CCAA and USport level after high school."

Tynan Murphy, Team PEI Canada Games beach athlete

"In my four years of attending Beat the Heat, I had nothing but amazing experiences. Being surrounded by coaches who have a true passion for not only playing beach volleyball, but teaching it to future generations of athletes is what I believe makes the camp a once in a lifetime experience. I was exposed to new technical and tactical ways of playing beach volleyball at the camp but most importantly, I had the opportunity to meet some incredible people too!"

Paris Stewart, Team NS Canada Games & multi-year camp athlete

"I just wanted to let you know what a fantastic camp I think you ran. You all were so professional and it was obvious how much you love this sport. My daughter and her friend finished each day tired and inspired...not an easy thing to do! My daughter was new to this sport and was made to feel very comfortable. She hasn't been playing volleyball for a full year yet and this has been her most positive experience so far. It makes me feel great to see such passion for the sport from coaches. It was definitely worth the drive from New Glasgow. Again, wonderful job with the kids and the camp! See you next summer!"

Tanya Stevenson, parent of camp athlete



SUMMERSIDE, PE

JUNE 15-16, 2024

CONTACT US



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Beat the Heat Beach Volleyball



@beattheheatbeachvb

CAMP HISTORY

Established in 2011, Beat the Heat's sole purpose has been to grow and foster the sport of beach volleyball in Atlantic Canada. Now, in its 14th year with over 825 attended athletes, Beat the Heat is Atlantic Canada's largest and longest running beach volleyball camp series.



GENERAL INFORMATION

- Guest instructors will assist in running the camp
- Athletes do not require a partner to register for the camp
- Athletes will receive a skills evaluation card, various beach volleyball information sheets, a camp shirt and camp photo
- Beat the Heat will provide each athlete a water bottle & Gatorade each morning, as well as sunscreen
- A few lucky athletes will be going home with a Team Canada beach jersey!



CAMP DETAILS

Date:

- June 15-16th, 2024

Time:

- Saturday 10AM-4PM (lunch between 1-2PM), Sunday 9AM-3PM (lunch between 12-1PM). Lunch not provided by camp.

Cost:

- \$135/athlete, includes camp shirt

Registration:

- Email beattheheatcamp@gmail.com & a registration form will be sent to you. A \$50 non-refundable deposit is required upon registration to cover up front camp costs & secure the athletes spot.

Location:

- Credit Union Place Beach Volleyball Facility: 511 Notre Dame St., Summerside, PE

Age Group:

- 13U - 17U; athletes are separated based on age and skill once the camp begins

CAMP TOPICS

- Rule differences between beach & indoor volleyball
- Offence of beach volleyball
- Proper attack approach in the sand
- Proper passing in the sand
- Proper movement in the sand
- Proper setting in the sand
- Defense of beach volleyball (as a defender)
- Defense of beach volleyball (as a blocker)
- Basics of beach volleyball strategies
- Game play

