

RED ROCK

Beach Volleyball

Red Rock Alameda and Moraga Summer Beach Program

Red Rock Beach Volleyball provides comprehensive technical and tactical instruction in competitive beach volleyball. Multiple training groups and locations provide great learning environments for any player, from a college prospect to someone brand new to the sand. During the summer, between indoor club, and high school, beach volleyball is a great way for players to improve their overall skillset and volleyball IQ. Beach volleyball is played 2 v 2, requiring players to use all six volleyball skills, and getting a ton of touches per game. Training in the sand is great for improving overall strength and jumping ability yet is very forgiving on the body in the off-season. More and more college indoor programs are having their athletes play beach volleyball in the spring. Red Rock Beach provides programs for both the dual indoor-beach athlete, as well as players that are focused on playing beach only.

With summer schedules and vacations, players do not have to attend all practices and tournaments. Attend what you can, however, the more you attend, the better you will get.

Alameda/Moraga Beach Summer 2026 Schedule

Week Beginning	Mon	Tue	Wed	Thu	Fri/Sat/Sun
Preseason	Pre-season evening clinics in Moraga, 6-8pm Wed 5/13, Mon 5/18, Wed 5/20, Wed 5/27, For those that sign up for the complete summer package will get 50% off pre-season clinics.				
Mon 6/1	Moraga 6-8pm		Moraga 6-8pm		Sun 6/7 Moraga 6-8pm
Mon 6/8	Alameda 9-11am Moraga 6-8pm	Alameda 9-11am	CBVA Santa Cruz Girls 12, 14, 16, 18		Fri 9-11 am Alameda Open Beach Sun 6/14 Moraga 6-8pm
Mon 6/15	Alameda 9-11am Moraga 6-8pm	Alameda 9-11am	CBVA Santa Cruz Girls 12, 14, 16, 18		Fri 9-11 am Alameda Open Beach
Mon 6/22	Alameda 9-11am Moraga 6-8pm	Alameda 9-11am Moraga 6-8pm	CBVA Santa Cruz Girls 12, 14, 16, 18		Fri 9-11 am Alameda Open Beach
Mon 6/29	Alameda 9-11am Moraga 6-8pm	Alameda 9-11am Moraga 6-8pm	CBVA Santa Cruz Girls 12, 14, 16, 18		Fri July 3rd No Practice
Mon 7/6	Alameda 9-11am Moraga 6-8pm	Alameda 9-11am Moraga 6-8pm	CBVA Santa Cruz Girls 12, 14, 16, 18		Fri 9-11 am Alameda Open Beach
Mon 7/13	Alameda 9-11am Moraga 6-8pm	Alameda 9-11am Moraga 6-8pm	CBVA Santa Cruz Girls 12, 14, 16, 18	AAU Nationals July 15-16 12U, 14U, 15U July 16-18: 16, 17, 18U	Fri 9-11 am Alameda Open Beach
Mon 7/20	Alameda 9-11am Moraga 6-8pm	Alameda 9-11am Moraga 6-8pm	CBVA Santa Cruz Girls 12, 14, 16, 18		Fri 9-11 am Alameda Open Beach
Mon 7/27	Alameda 9-11am Moraga 6-8pm	Alameda 9-11am Moraga 6-8pm	CBVA Santa Cruz Girls 12, 14, 16, 18		Fri 9-11 am Alameda Open Beach

Moraga Commons Evening Practice, Mon and Tue at Moraga Commons, 6-8pm, Level 1, 2, 3 (TBD)

Alameda Beach Morning Practice, Mon and Tue on Shoreline Drive by Southshore

- 9-11am All Levels
- For Alameda, we may need to stagger the start time of practices. Based on sign-ups and skill level, we may have groups going from 10-noon.
- Coaches are at the beach at 8:30 am to noon and so players that arrive early will have limited supervision.

Friday Morning Open Beach at Alameda for ALL players, 9-11am

- On Fridays, we'll have open beach practice at Alameda in the mornings for both Alameda and Moraga players. Open beach is a great opportunity for players to scrimmage and compete against each other. We may also have tournaments on Fridays.

What Level am I?

Practices are designed so that players are grouped by level. This will often depend on your practice time and the players that come to a practice. A player's level is decided by a combination of age eligibility and skill.

Players will practice with others in their same skill level, or at an adjacent level. For example, we might have players of Level 1 and Level 2 working together, and Level 2 and Level 3 working together, but we try not to have players of Level 1 working with Level 3.

Level 1: These are generally first and second year 12U beach players, and some first year 13U/14U beach players

Level 2: These are generally 13U/14U first year beach players and may include some returning 12U/13U players

Level 3: These are generally 14U returning beach players, or 15U/16U first year beach players

Level 4: These are generally returning 15U/16U players

Tournament Coaching

- **The Red Rock difference is our coaching at both practices and tournaments.**
- Coaching at a beach tournament is much different than at indoor. **Coaches and parents are not allowed to speak to players during actual play.** They may only coach players before the game, during time-outs, and after the game. With that being said, tournament coaching is a very important aspect of the game as we work with players to develop their own abilities to read the game.
- There are many more tournaments that players can attend that we may or may not have coaching at. Red Rock will have coaches at CBVA tournaments and the Monterey Open. Other tournaments are TBD.

How to Join?

- All current Red Rock Alameda players will be able to sign up to be evaluated into a practice group.
- After evaluations, we will be opening up spots to players outside of our club by means of tryouts and evaluations or player recommendations. If you are signing up for the program and have a friend outside of our club that you would like to train with that has 1-2 years of club experience, we will take that into consideration.

Age Divisions:

- Are similar, but NOT the same as your **current indoor 2026-26 age divisions and grade. The beach season ends in August.** Often age divisions are combined in competition. 13/14's, 15/16's, 17/18's compete in the same age group.
- For the CBVA, your division is based on your graduation date

18U 11 and 12 grade
14U 7 and 8 grade

16U 10 and 11th grade
12U 5 and 6 grade

Pricing:

\$1400 Alameda Complete 8 Week Summer Program with Santa Cruz and Northern CA Tournament Coaching

- Summer Practices at Alameda Beach (or Moraga if available)
- Santa Cruz and Northern CA Tournament Coaching
- 3 Alameda Practices Per Week
- 50% off Pre-season practices prior to the summer...
- 50% off AAU Nationals Coaching in Hermosa Beach.
- Pricing does not include tournament fees, travel costs, or uniforms.

Alameda 4-5 Week Option (\$240 per week, 4 week minimum)

- \$960 for 4 weeks, \$1200 for 5 weeks (\$240 per week, Northern California Summer Practices)
- Includes 3 Alameda Practices Per Week and Santa Cruz and Tournament Coaching
- Pre-season not included.

Moraga Pricing – Players must sign up for at least 10 Moraga practices in June/July

- Moraga Practices \$88 per practice
- Alameda Open Beach \$60

Full Season Moraga Option

- **Sign up for 16 or more Moraga practices** and the Alameda Open Beach practices are included for free. You'll be sent a separate code to register for Alameda Open Beach.
- 50% off Pre-season practices prior to the summer...
- 50% off AAU Nationals Coaching in Hermosa Beach.

What is NOT included:

- NCVA membership (club players already have this)
- CBVA membership (around \$30 at www.cbva.com)
- AVP, AAU, p1440 and other memberships, around \$30 for their tournaments.
- Red Rock Uniforms
- Tournament Fees, around \$50 to \$100 per player per tournament day.
- Food, transportation, sunscreen, sand socks

Parent-Player Commitment and Expectations

- **Parents need to check your email daily for beach updates, scheduling and information.**
- Parent involvement is an important part of Red Rock Beach. We want parents to enjoy the fun and sun of a volleyball tournament and provide a positive and supportive environment for all members of the club.
- Parents will ultimately be responsible for the transportation of the players to practices and tournaments, but as a club we want to encourage carpooling between the families of players, especially for the Wednesday CBVA tournaments. We know that as working parents you may not be able to take every Wednesday off, but when you can we hope you can help out with carpooling.
- We understand that players have summer vacations, so we understand that you will not be able to attend all practices, we do expect that players will notify their coaches of when they will attend.
- **Players and Parents are responsible for registering for tournaments. The club cannot register players for tournaments.**

CBVA Wed Tournaments In Santa Cruz

- Players arrive in Santa Cruz at 8am for check-in and warm-up. Pool play begins at 9am and ends around 12-1pm. There are generally 4-5 teams in each pool.
- **Not all teams move on to bracket play.** Usually the top 1 or 2 teams from each pool move on to single elimination bracket play. This is generally starts around 1pm with the championship match ending around 4pm.
- We encourage families to carpool with other players to Wed Santa Cruz tournaments.

Other Beach Volleyball Tournaments

- Outside of these tournaments, there are numerous tournaments that players can participate in run by the NCVA, AVP, AAU and other organizations. Although we may not have coaches at all these tournaments, we encourage our players to play as much as they can.
- A general tournament list is here: <https://www.beachvb.info/events>
- NCVA Beach Tournaments: <https://ncva.com/outdoor/outdoor-info/outdoor-event-info/>

Partners:

- You do not have to have a partner to join the club. Part of the benefit of being part of a sand volleyball club is the opportunity to practice and play with different partners.
- Although we encourage you to play with other players within Red Rock Beach, this is not required.

Red Rock East Bay Partner Option

- **Tournament entry and partners are not guaranteed, although we try our best to find you partners.**
- CBVA Santa Cruz registration opens 4 weeks before the tournament. If you do not have a partner for these tournaments, you can elect to have the club help pick a partner for you.
- About 5 weeks before the tournament starts, we will email out a Google form asking about your availability for this tournament, if you have a partner already, or if you would like the club to select a partner for you.
- **If you decide to have the club help find a partner for you, you are required to play with the partner that the club selects.** This is very similar to a college program where the coaches select the players partners.
- When selecting partners, the coaches use their best judgement to field teams.
 - We try to field competitive teams
 - We pair players with comparable ability
 - We look for blocker/defender options
 - We try to get players to play with different players of comparable ability
- **In the event that we have an odd number of players we use our resource as a club to try to find another player.**

Tournament Registration

- Players are responsible for paying and registering for tournaments. CBVA will not allow clubs to do this.
- As tournament registrations open, players can either find their own partners and register, or ask for the club to help find you a partner. If you decide to let the club help find a partner for you, you need to play with the partner that the club selects, and switch partners if necessary.

AAU Girls' National Beach Championship in Hermosa Beach, 2026

- AAU Beach Nationals is held in Hermosa Beach, CA. It is a great tournament to participate in. Although it is a challenging tournament, we encourage players to attend if they are able to in order to build experience and get an experience of Southern California beach volleyball. Travelling to SoCal is a great summer trip. Get some beach volleyball in while you can.
- **Tournament Competition Dates 2026:**
 - July 15-18 - AAU Hermosa Beach National Pairs Championships
 - Girls 18U Grad Year 2026 - July 16-18
 - Girls 17U Grad Year 2027 - July 16-18
 - Girls 16U Grad Year 2028 - July 16-18
 - Girls 15U Grad Year 2029 - July 15-16
 - Girls 14U Grad Year 2030 - July 15-16
 - Girls 13U Grad Year 2031 - July 15-16
 - Girls 12U Grad Year 2032 - July 15-16

- We schedule practice the evening before competition at Hermosa Beach. Plan for the last day of the tournament to end anywhere between noon to 5pm. Many families will just drive back to Northern California on the last day while their players sleep in the car.
- **Coaching at AAU Nationals is dependent on how many teams go**, but is typically \$220 per player for 16, and 18U (3-day tournament), and \$160 per player for 12U, 14U, 15U (2 day tournament) if signing up for the weekly summer plan. **50% off for players signing up for the complete summer program.**

Lodging in Southern California

- There are numerous places to stay in the Hermosa Beach area. You don't have to stay on the beach. There is a fairly good sized parking lot at the beach, but you need to get there early. Look for places to stay in the Manhattan, Hermosa, Redondo Beach area, west of the 405 freeway.
- **Other SoCal Tournaments:**
While in SoCal, some players may also schedule additional CBVA tournaments before or after AAU Nationals. These will be at www.cbva.com

Uniforms

- All players will be receiving a Red Rock Beach tank-top to wear to beach events.
- We will be offering additional items for players to order as well.
- For AAU and CBVA events, players typically dress in layers with tank top or t-shirt and shorts or leggings over swimsuits.
- **Uniform Requirement for all NCVA/ USA Volleyball Beach events:** Matching color bottoms and tops are encouraged. Starting in 2019, all athletes are REQUIRED to wear a top, for girls it must cover your midsection when standing, and bottoms such as spandex, shorts or leggings. No bikinis will be permitted for any team.

Red Rock Beach Uniform Frequently Asked Questions

- **Why is wearing the uniform important?**
When playing in a beach tournament, all players need to be in uniform. This is not just important for team cohesiveness, but on a very practical level, our Red Rock coaches will need to be able to identify you if you want to be coached at a tournament. Coaching duties are often shared between both East Bay and Peninsula coaches, so the way that they will know who you are is by your uniform. Also, as you start the recruiting process, potential college coaches and scouts can identify what club you play for if you are wearing your uniform, and then contact us if they are interested in recruiting you.
- **What is required at a tournament?**
As you play, you will be in layers, and as you remove your layers, we'd like to have at least 1 Red Rock item on you at all times. Preferably, we'd like both your top and bottom to be Red Rock, but at least one item is required.
- **What is required at a practice?**
At a practice, we ask that you either wear Red Rock or generic sports attire. We ask that you don't wear gear from another club.
- **What does Red Rock provide and recommend?**
All players will be given a Red Rock tank top. At a basic level, a player could wear the tank top along with spandex and be in uniform. The reality is that players are at the beach, and it will get hot, so players generally end up playing in a swimsuit to stay cool.

We recommend ordering: The warm-up jacket, shorts and/or leggings, and a swim top and bottom.

- **Can I order additional t-shirts, tank tops, visors, and other items?**
We will also have additional items available to order. These will include additional t-shirts, tanks, visors and other fanware.

Red Rock Alameda/Moraga Beach Directors

Eddie Chen will be directing and coaching the Red Rock East Bay Beach Program along with Janice Harrer and additional coaches and staff.

Eddie Chen, Red Rock Coach and Director

Originally from Southern California and has been playing volleyball for most of his life and coaching for over twenty years. He is currently the Red Rock East Bay Director and Coach of the girls and boys indoor programs. He is also the Varsity Women's and Men's Volleyball Coach at Encinal High School where he currently teaches. Prior to Encinal he was previously at St Joseph Notre Dame High School for 8 years as a teacher and a coach. His team took 2nd place in NCS and CIF Nor-Cal Finals in 2013, just one win short of the CIF State Championship.

Eddie is incredibly experienced with beach volleyball. He is BCAP certified and was the former NCVA High Performance Beach Coach and director of SandLegs Volleyball Club. Many of his former players are now competing at the Division I colleges including Stanford, LMU, USF, Cal Berkeley, USC, and Cal Poly.

Eddie is also a Physics and Math teacher at Encinal High School. Prior to becoming an teacher, he was an Engineer and Program Manager in Silicon Valley, but he changed careers when he wanted to have a more meaningful impact on today's youth, through education and volleyball.

Eddie is an avid beach volleyball player, is married with two children, believes in positive coaching, and is excited about growing the sport of beach volleyball and Red Rock Beach



Janice Harrer, St Mary's College Beach Head Coach, Beach Volleyball Hall of Fame

We are excited to have Janice Harrer (Opalinski) return to coach and help guide our program.

Janice is one of the most experienced and successful beach volleyball players of all-time, with a career that spanned 18 seasons. She racked up 25 professional titles across the AVP, WPVA, and FIVB Tours, and won a host of awards including a WPVA Defensive Player of the Year award in 1990. She also owns 13 combined U.S. and World Championships.

All of those years spent on pro tours helped her land one of the highest honors during the peak of beach volleyball on a national scale: being named an Olympic alternate for the 1996 Summer Olympics, the first season beach volleyball was included as an Olympic sport. She qualified as an alternate with her partner at the time, Gayle Stammer.

Harrer's career ended shortly thereafter, and in 2012 she was named to the Beach Volleyball Hall of Fame, the ultimate recognition for one of the best beach volleyball careers the sport has seen.

Harrer has been at St Mary's College for two seasons, helping the team to a third place finish at the WCC Tournament in 2024. She has led her program to 34 wins over the past two seasons, making her the third winningest coach in program history. She is on pace to break the program win record in the 2025 season.

Janice loves the game and her role as a coach to mentor these young women, student-athletes, through the vehicle of volleyball. Janice's daughter Hawley also played at St Mary's for 5 years, and was a coach for Red Rock Beach. Coincidentally, Janice and Eddie are both Dana Hills High School alumni, although they never crossed paths there but had the same cross country/track coach, Tim Butler.