Miller 64 PRO-AM Summer Beach Volleyball Series

Go to our Facebook page to find a link for pictures from our last

Thank you to all those teams and

Competitve 2s beach volleyball is back on Jacksonville Beach on Saturday,

There have been a few changes from the last event, so please read all the information.

***** If you are trying to register for both days (ex. Men's A and Coed A) you will need to register**

**** Always remember to bring water, food, sunscreen, shade and sand socks to last the day.**

***** Space maybe limited so register early*****

3. Lower divisions (AA, A, B)

a. Check in for AA, A, & B starts at 9:00 a.m. and closes promptly at 9:30 a.m.

b. Team meeting at 9:35 a.m. (all players meet at check in tent)

c. First games to begin by 9:45 a.m.

d. Prizes for 1st and 2nd place teams.

e. AA divisions with 15 or more teams will have cash added to prize. ($150 for 1st place)

2013 FCVA Scedule

May 11/12

June 29/30

July 27/28

August 10/11

Sept. 14-15

Check us out on Twitter and Facebook

Looking to host a special event, need lessons, camps, clinics let us know contact jay@fcva1.com

Sponsors please contact jay@fcva1.com to see how you can get involved

*Heartland Rehabilitation Services is the preferred Sports Medicine provider for First Coast Volleyball Association and The First Coast Beach Series. Stop by our booth for your complimentary injury

assessment and treatment. With our comprehensive services we can provide an immediate assessment and initiate treatment promptly. We will keep you in the game.
Kibbee Jelks , FCVA open player states :

“ASTYM is the Magic Touch...Get it, Feel it, Heal it…Love it”

...A proven leader in Sports Medicine...
Please contact Jamie Kennedy, MS, ATC, LAT

E-mail: Jkennedy@hcr-manorcare.com

Cell: (813) 528-6265 Office: (904) 288-0900

Injury Assessments

Acute injury management

Pre and post game stretching

Preventative and Kinesio Taping

ASTYM