



2020 Beach High Performance Athlete Resume

Include the following in your submission:

1. Name: [Sandy Waves](#)
2. Date of birth: [June 21, 2003](#)
3. Height (feet and inches): [5' 10"](#)
4. Standing reach (feet and inches): [7'3"](#)
5. Block jump in inches (block jump touch – standing reach): [18"](#)
6. Approach jump Touch (feet and inches): [9'6"](#)
7. Vertical jump in inches (approach jump touch – standing reach): [28"](#)
8. How many years have you been playing? [3 years](#)
9. USAV High Performance experience (i.e., indoor tryouts, beach tryouts, indoor programs, beach programs, program invite, what year?):

[USAV Indoor Tryout; 2017 A3.](#)

[USAV Beach tryout; 2017 A2 camp Invite, attended in Hermosa Beach, CA, 2018 A3 camp Invite, attended Tavares, FL, 2019 A2 Emerson, GA.](#)

[USAV Beach Holiday Camp attendee; 2017, 2018, 2019.](#)

10. USA Volleyball participation and finishes

[USAV Beach High Performance Championships 2017; u13, 5th place silver. Holiday Camp 2018 queen of the court tournament 1st place.](#)

11. USA Volleyball Beach National Tour accomplishments and finishes

[Carolina Grand Slam 2017; u14, 2nd place. Florida Summer BNQ 2017; u14 3rd place. Gulf Coast Region Championship 2018; u16 3rd place. Madsand BRQ 2019; u18 5th place.](#)

12. Additional beach accolades (State or National Level)

[AVCA - High School Watch list.](#)

13. Other sports and activities participation

Indoor Volleyball; Middle School (MS) and High School (HS), JV 2019, Varsity, 2020. Softball MS and HS, JV 2019, Varsity 2020. Track; HS 2019. Soccer and Basketball: MS.

14. List two outcome goals (i.e., play collegiate beach, be an Olympian)

15. List two process goals (i.e., watch one hour of video every day)

16. Who is your favorite beach player, and why?