



Southern Sand Volleyball in partnership with ClubWorx is bringing the excitement of beach volleyball to the Fuquay-Varina area starting in March 2025!

[Join the interest mailing list here.](#)

Juniors Beach Training as part of the Southern Sand VB Club

- For Girls 11-18 years old and Boys 11-14 years old (training focused on a women's/girls' net height)
- Some prior volleyball experience required
- **OPTIONAL TRYOUT PRACTICES START EARLY MARCH** Check things out in person while also getting evaluated for the right training group. [Email Russ](#) to get scheduled a time to come.
- **Inaugural Season: April-July** (once-a-week and multiple-times-a-week practice options with opportunity to float some between Fuquay and Apex location if desired possible)
- [CLICK HERE FOR REGISTRATION INFO](#)

Seasonal Coed 4s League on Tuesday Evenings (approx. 7-9PM)

- **Inaugural Season: March 11-May 13** (rain makeups if necessary the last 2 weeks of May).
- For players 16 years and older at intermediate-level or higher.
- 3 and 4 person teams permitted. At least 1 female must be playing at all times
- 10 week total season with each team having a bye week scheduled twice.
- Limited to 5 teams per season. Overflow league on Thursday Evenings may be added—subject to interest.
- [CLICK HERE FOR REGISTRATION INFO](#)