



## TRAINING SESSIONS

We are excited to offer the following training schedule for the 2025 beach volleyball season:

Training Cycles (each lasting 4 weeks, except for mini-cycles):

- Cycle 1: April 21 – May 18
- Cycle 2: May 26 – June 22
- Cycle 3: June 30 – July 27
- Mini-Cycle 1: August 4 – August 17
- Mini-Cycle 2: August 18 – August 31

Training Schedule

- Training Days: Monday to Friday (varies by cycle)
- Training Times: Mainly between 5:00 p.m. and 9:00 p.m.
- Frequency: 2 training sessions per week (each lasting 90 minutes)

Training Groups & Formats

- Players register for a specific training group per cycle
- Training formats: Men, Women, Mixed, Beach basics (depending on availability)

Fees

- €50 per player for groups of 6 or more players
- Mini-cycles cost half the price

Location

All training sessions take place on the beach volleyball courts in Lintgen. Search for 'Terrains Beach Lintgen' on Googlemaps.



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### Who Can Join?

To participate, you must be a valid member of Beach de Lux and have a valid licence. Details about membership and licence application can be found on our [homepage](#).

### Registration

You can sign up for the training cycles on our website: [www.beachdelux.lu](http://www.beachdelux.lu)

- Registration deadlines are indicated in the respective cycle's registration form. Enrolment typically closes 3–7 days before the cycle starts to allow for organisation.
- Your registration is only valid once the payment has been received in our bank account before your first training session.
- Your registration is only confirmed once you have been added to a WhatsApp group. If you have not been added to a WhatsApp group by the Sunday before the start of a training cycle, it means we were unfortunately unable to include your registration in the group setup. In this case, we will contact you regarding a refund.
- You do not need a training partner to register
- Please note: Participation in the men's or women's training groups requires an advanced level of play. These sessions are specifically designed to prepare players both tactically and physically for tournament competition. If you register for a men's or women's group, please be aware that the coach reserves the right to reassign you to another training group if deemed more appropriate based on your current level.

### Important Notes

To maintain the quality of our training sessions, please inform us in advance if you are unable to attend\*. Absences should be reported at least 24 hours in advance in your training group or directly to your coach.

*\*Delays of up to 30 minutes are tolerated, but we kindly ask you to notify the group beforehand whenever possible.*

### Need More Info?

Most details can be found on our website. If you have any further questions, feel free to contact us via email, Facebook, or Instagram, ask in your training group, or speak with your coach.

We look forward to seeing you on the sand!