

East End Volleyball



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www.eevb.net

Home of the Rider Sandals Big Shot Volleyball Series

Over \$75,000 Prize Money in 2011



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- Brought to You by
4C Totally Light 2Go

SARASOTA

— AND HER ISLANDS —



Junior Clinic by Pro Volleyball Stars
Steve Grotowski and Adrian Carambula
was well attended

**East End
Volleyball**



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Siesta Key, FL

***In March, 2011 over 200 teams competed on the
Whitest Sand on the Big Shot Volleyball Tour***

EEVB comes to Siesta Key 2 times every year
brought to you by

Sarasota Convention & Visitors Bureau
www.sarasotafl.org



East End Volleyball



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January 29 Indoor sand tournament	<u>The Sandbox, Mystic, CT</u>	Indoor Beach Volleyball Comes to New England
February 26-27	<u>Clearwater Beach, FL</u> Gulfview Championships	MO: \$1,500 + AC Trip ; WO: \$1,500 + AC Trip
March 12-13	<u>Singer Island/Riviera Beach, FL</u>	MO (Sunday): \$750; WO (Sunday): \$750
March 19-20	<u>Siesta Key, FL</u>	MO: \$1,500 + AC Trip ; WO: \$1,500 + AC Trip
March 26-27	<u>St. Augustine, FL</u>	MO: \$1,500; WO: \$1,500
April 9-10	<u>Hollywood</u>	MO: \$3,000 + AC Trip ; WO: \$2,000 + AC Trip
April 16-17	<u>Clearwater Beach, FL</u>	MO: \$1,500; WO: \$1,000
April 23	<u>Aspire Higher Volleyball Supercenter, Winter Haven, FL</u>	MO: \$750; WO: \$750
April 30 - May 1	<u>Hilton Head, SC</u>	MO: \$750 + AC Trip ; WO: \$500
May 21-22	<u>Isle of Palms, SC</u>	MO: \$1,000 + AC Trip ; WO: \$750 + AC Trip
May 28-29	<u>New London, CT</u>	MO: \$520; WO: \$520
June 4	<u>Cedar Beach, Babylon</u>	MO: \$520; WO: \$520
June 11	<u>Cedar Beach, Babylon</u>	MO: \$520; WO: \$520
June 25-26	<u>Corona Light Wide Open Seaside Heights, NJ</u>	\$50,000
July 9-10	<u>Long Beach, NY</u>	MO: \$700; WO: \$700
July 23-24	<u>Newport, RI</u>	MO: \$2,000 + AC Trip ; WO: \$750 + AC Trip
August 6-7	Atlantic City, NJ	MO: \$5,000; WO: \$2,500
August 13-14	<u>Long Beach, NY</u>	MO: \$TBA; WO: \$TBA
August 20-21	<u>New London, CT</u>	Special event to be announced online
September 3-4	World Police & Fire Games	Coney Island
September 10	Long Beach, NY	<u>Michelle O'Neill Volleyball Tournament</u>
September 17	Babylon, NY	Volley America League Championships and Costume Contest
October 8-9	Myrtle Beach, SC	Special event to be announced online
October 15-16	<u>Siesta Key, FL</u>	MO: \$TBA; WO: \$TBA
October 22-23	<u>Clearwater Beach, FL</u>	MO: \$2,500; WO: \$2,500

4 Questions with Hilary Pavels

1. Your dad was one of the best players on the East Coast 25 years ago. How much has his experience helped you mature quicker into a top player? Can you give us 1 tip that he told you that made a big difference in your game?

My dad, Eric Pavels, has helped me mature quickly into a top player due to his continuous coaching and support. His experience provides me with valuable feedback. My father has played volleyball at a very high level all his life, and having him there to train and coach me every step of the way has been a major part of my success. Whether it is developing specific shots, or hitting to a specific spot at a certain time, he has given me so many tips over the years that it is hard to pick just one. One tactical tip that has made the most significant impact on my game is his philosophy to "Always keep the ball in play, and give your opponent the chance to make an error." This works to my advantage because my defense is the best part of my game. With a game plan that plays into your strengths, success will eventually occur.

2. You are playing in the first NCAA beach volleyball season for Florida State. What do you expect that experience to be like?

I am very excited to be playing in the inaugural NCAA beach volleyball season for Florida State University. I see this as an opportunity to not only further my education,



Photo by Starlight Illustrated

but get the hands on training that will take my game to the next level. Focusing on beach volleyball for an entire year, while also studying for my master's degree in Florida, seems like an outstanding opportunity. In addition, this is a chance for me to compete for a national championship, a chance that I thought I would never get. It is the opportunity of a lifetime and I am so happy that the timing worked out perfectly. I am sure that it will be an amazing experience with a lot of hard work, but I am more than excited for the challenge.

3. What is your schedule for high level professional events for 2011? Do you plan to travel a lot to Corona Light Wide Open tournaments and any of the other pro series popping up this year?

My schedule for high level professional events for 2011 will unfortunately be limited to the Corona Wide Open in Seaside Heights, NJ. A lot of the major tournaments are far away, and due to my amateur status and

therefore inability to accept prizes, it will be difficult and expensive to travel. The other major tournaments that are closer to home take place after I start Florida State University. I'm looking forward to next summer when I can travel and compete.

4. Your skills are a mix of tall and small players. You are solid at the net and also playing defense. You seem to have focused just like your father on the most important skill around : ball control. How did you develop such strong ball control skills and how important are those skills to winning in beach volleyball.

I developed my ball controls skills by playing in all kinds of conditions. In New York, conditions get to extremes including heavy winds, rain, and severe temperatures. I also developed my ball control skills by playing on a men's net, which really allows me to increase my ball control and my shots. Then, when I switch to playing on a women's net, I incorporate hitting and create an all around game. I focus a lot of time in practice to working on serve receiving and getting good contacts on the volleyball. Ball control skills are essential to winning in beach volleyball because every possession begins with the pass, the foundation of both offense and defense.

Photo by Starlight Illustrated



Hilary putting one away at the 2010 Corona Light Wide Open in Long Beach, NY (above)

Eric (below center) blocking in a 4-Man Pro event



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www.eevb.net/Myrtle.htm

Presented by



Alex Sevillano with the dig at the Singer Island Corona Light Big Shot Volleyball Tournament

Up and Coming: Adrian Carambula

1. You have become very famous for your skyball serve which people can see in numerous videos on YouTube videos. How did you decide to make it part of your repertoire? Did someone show you how to do it or did you just develop it yourself?

To be honest, Dana Camacho was the first player that I saw doing it and I was able to tell the trouble it causes to the opponents. After that I kind of starting playing with it for a while and made it my own. I decided to start doing it once it got really consistent and I was able to hit it even under pressure or a big match. It's a rhythm breaker and it really waists no energy, plus the crowd likes it :)

2. You have become a very good player very quickly. People always comment on your ball control and offense but I think your defense is even better. What do you enjoy more, putting away a good spike or digging an opposing player until they become so frustrated that they change their offense?

I definitely like digging a hit and then put it away. You can kind of do everything in a matter of seconds and you are able to dictate how you want the game to go on. As a defender there is nothing better than that, plus you really bring your blocker into the picture.

3. There are also a few foot digs out on the internet including one in the EEVB YouTube video from the March 19-20 Siesta Key Corona Light Big Shot Tournament. Did you play a lot of soccer before volleyball? Is it just a normal reaction from soccer playing to use your feet for volleyball defense?



Photos by Fred Obermiller

Carambula, sponsored by Shore Thing, Launching one of his infamous sky balls

Up and coming star Adrian Carambula jumps high, has lightning quick reflexes, great ball control and a natural feel for the volleyball court and what will happen next.



I started playing soccer ever since I was born, when it comes to volleyball it is just a really bad habit, sometimes I get the ball up but it's without any intention, it's more of a reaction but.... sometimes it does save a play.

4. What are your plans for 2011? Will you be playing most of the 3 tours jockeying to become the next AVP?

Yes, my goal is to stay local and play as many tournaments as I can. I'm excited about the changes being made for the sports, and the tours that have emerged since the AVP went bankrupt. Also, my sponsors Shore Thing and Gravity and Oxygen are making this possible showing great support and I really can't wait to get out there and play ball.

5. Finally, you had a strong showing at the US Open in Manhattan Beach last September, playing with Steve Grotowski. After you were eliminated Steve let himself go and really had a fun time during the finals. Did you ever consider leaving the beach or hiding behind a sign and deny that he was your partner?

It was a great tournament overall, and as far as Steve having some fun in the finals I thought it was great. I think beach volleyball and the lifestyle that goes with it allows players to have a moment like that. Of course there are people who judge or critique those actions but at the end of the day, everyone was having an awesome time and I was actually right there with him :)

Bio from BVInfo.com

Birth Date March 16, 1988 (23 years old)

Home Town Uruguay

Resides Miami Beach, FL

Height 6'0"

Best Finish 1st (4 times) \$7,075

AVP 13th (3 times) \$2,425

AVP Young Guns 1st (4 times) \$2,150

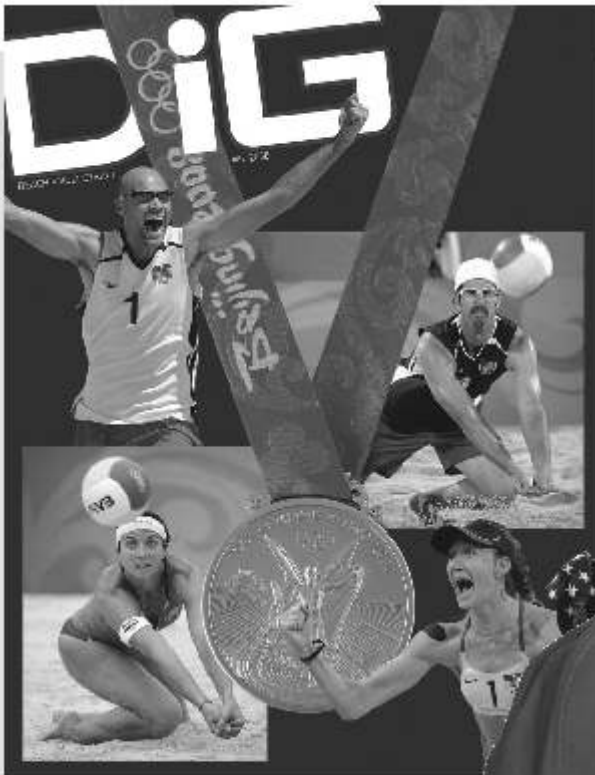
P&R 3rd \$2,500 Overall 1st (4 times)

Carambula was born and raised in Uruguay, where he lived until he moved to the United States at the age of 13. Living in south Florida, he first began playing beach volleyball at the age of 16 after never having played indoor volleyball. He also has Italian citizenship.



Stay low on defense, tip over big blocks and swing away when you have an uncontested shot. That is what Adrian did at the Corona Light US Open last September in Manhattan Beach, CA





DiG

the official magazine of the AVP Tour

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Great defensive pickup by Jeanine Valiquet as she goes all out is St. Augustine Beach, FL. See the color version on EEVB's Facebook page underin the album "More Corona light Sand and Surf Beach Challenge March 26-27"



The Sand and Surf Beach Challenge in St. Augustine raised funds for Bay View Healthcare/Caring Hands-Caring Community

Photo by Fred Obermiller