

# KAYLEE YOUNG | USC BEACH VOLLEYBALL Ø<βÐ

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## Summary

This Silo talks about beach volleyball matches, Kaylee Young's journey from indoor volleyball to playing at USC, the recruiting process for beach volleyball players, the training and preparation regimen for collegiate beach volleyball players at USC, and the impact of beach volleyball on Kaylee Young's personal and athletic journey.

## Silo sample questions

- What is the format of beach volleyball matches and how are they decided?
- How did Kaylee Young get into beach volleyball and her journey to playing at USC?
- What is the recruiting process like for beach volleyball players, and how has the sport evolved in terms of popularity?
- What is the training and preparation regimen for collegiate beach volleyball players at USC?
- How has beach volleyball impacted Kaylee Young's personal life and her journey in the sport?

## Topics

Beach Volleyball Matches

Kaylee Young's Journey

Recruiting Process

Training and Preparation

Impact of Beach Volleyball

## Key Takeaways

- Beach volleyball matches are played with five pairs, ranked from the best team to the fifth team. The team that wins the best three out of five pairs wins the match. At a high level, matches can have a super intense finish where one pair decides the winner.

- Kaylee Young originally played indoor volleyball and then started playing beach volleyball for fun. She found that she preferred beach volleyball and decided to pursue it full-time. She pushed herself to attend USC, a school with a strong beach volleyball program, and was persistent in reaching out to the coaches. She emphasized her work ethic and commitment to the sport.

- The recruiting process for beach volleyball players starts several years before the NCAA rule allows coaches to talk to them. Players have to reach out to coaches, send film, and make personalized emails to get noticed. The sport has grown in popularity, with more players starting with beach volleyball from a young age, and an increasing number of tournaments adopting the college format. Beach volleyball has also become a more serious club sport, with players needing to fund their participation.

- Collegiate beach volleyball players at USC practice six times a week, are in the gym lifting or conditioning five times a week, and take preparation super seriously to ensure they are at the top of their game. Players dedicate themselves to workouts, conditioning, and other external factors such as film-watching, eating right, and sleeping right to improve their game.

Balancing the rigorous training with academics, especially as a neuroscience major, was initially challenging but managed through careful scheduling and time management.

- Beach volleyball has had a significant impact on Kaylee Young's life, leading her to pursue a neuroscience major at USC while juggling a rigorous training schedule. She also had the opportunity to represent her high school in indoor volleyball alongside her younger sister and to play beach volleyball at a competitive level, including winning the junior national championship in her senior year.

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