

Belgian Olympic Beach volleybal team

Liesbeth Mouha and Liesbet Van Breedam.

These 2 Olympians have only been playing professional beach volley ball since they got a professional contract from Topsport Vlaanderen 1,5 years ago. In that short period they were able to catch up with the best teams of the world AND qualify for the 2008 Olympic Games in Beijing, where they became 9th after losing from the Olympic Champions Walsh-May (USA).



Before playing beach volley ball, these players played in the best European indoor clubs: Liesbeth in Italy and Spain and Liesbet in France. They gave up a secure income by ending their indoor contracts, and were hoping they would get their professional contracts as beach volleyball players. They were a couple of months without income in that period, but they gladly took that risk because they were determined to reach their goals!

A beach volley ball team only exists of 2 players, and there is no possibility of substitution (so when one player gets injured, the game is over), nor coaching during the games (like tennis). Every game is played to 2 winning sets to 21 points; a possible third set is played to 15 points. The average game last about 1 hour, but since it's a physically really tough sport, the players have to go through a really hard preparation period (2-3 trainings per day).

Our 2 girls went to LA and Rio de Janeiro for 3 months, and prepared themselves with the best coaches and best teams of the world. After this period they played the FIVB World Tour and the European Tour all over the World. They started the 2008 season in Shanghai (China) and played in a different country every week, to end the season at the Olympics in Beijing (again China). The closest event to Belgium is the Grand Slam in Paris, right next to the Eiffel Tower!

In 2008, Liesbeth and Liesbet haven't had the time to play in Belgium, but in 2009 they will include some tournaments of the Belgian Championship in their agenda. Of course the level in Belgium is lower than the World Tour but still they love playing here because of their sponsors, fans, friends and family.



Since the Belgian team needs to travel a lot and the price money is not spectacular (FIVB Open is 33000 dollars for the first place), they also need a lot of money and luckily there is their main sponsor LITTO to help them together with many other smaller sponsors amongst which also SHOCKMASTER.

Though ShockMaster is one of the sponsors, only Liesbet VB needed the treatment just once. She was suffering from inflammation in the left knee, but after the treatment she never felt pain again, and she's hoping to keep it that way. Of

course if she would be diagnosed with the same problem, she wouldn't hesitate to use Shockmaster again.

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World Tour: Grand slam tournament Austria