

# DelVecchio's creation's been anything but a turkey

By John Streit  
Correspondent

Running a health club at the time, Jay DelVecchio wasn't exactly the kind of guy that sat around and watched football on television on Thanksgiving Day in 1988.

Instead, he rallied a group of friends and co-workers to create their own gridiron competition – and burn off the turkey day calories – on the beach at the Oceanfront.

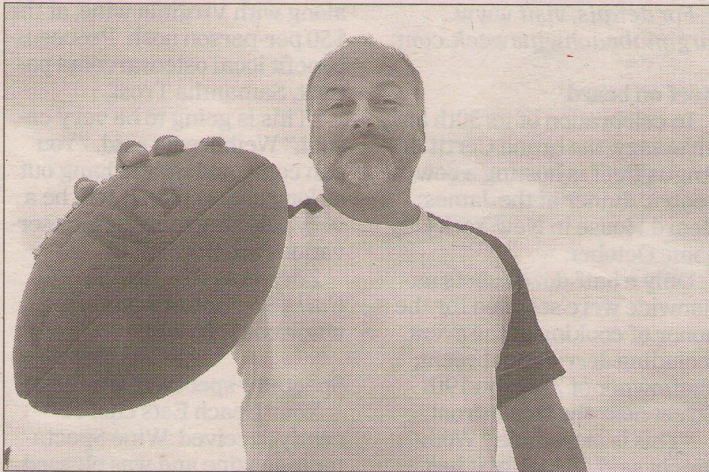
Afterward, he had no idea that the simple flag football game would change his life, as well as the face of beach sports, for the next 20 years. That was, until the players contacted DelVecchio for another game the next week.

From there, the Adult Coed Sand Football League was born. The circuit will kick off its 20th year on the beach at 25th Street on Oct. 5.

For DelVecchio, who created the sport when he formed the impromptu league, the pastime was a natural reaction to his love for the beach and his favorite sport.

"There's hundreds upon hundreds of grass flag football leagues all over the country, so you'd think that other beach leagues would've popped up almost by accident," said DelVecchio, 50, a North End resident. "But ours was the first."

See FOOTBALL, Page 17



JOHN STREIT

**Jay DelVecchio created the sport of beach flag football and the Adult Coed Sand Football League as the result of a casual Thanksgiving Day game in 1988. The league is about to kick off its 20th year and take over the beach at 25th Street on Oct. 5.**



GARY C. KNAPP | SPECIAL TO V-P

**Tina Gonzales from the Sand Sharks breaks free for a first down against the Hurricanes during the USBFFA Flag Football tournament at the 2008 East Coast Surfing Championship.**

## going?

**What** Virginia Beach Adult Coed Sand Football League

**When** Registration runs now through Sept. 12. Games begin Oct. 5

**Where** In-person or mail-in registration accepted at the City-Wide Athletic Office, 2188 Landstown Road. Hours are 8 a.m. until 5 p.m. Monday through Friday. Games are on the beach at 25th Street.

**Cost** \$675 per team, \$725 late registration; checks, cash, money orders, Visa and Mastercard accepted.

**Info** Call Eddy Hendricks at 385-0458.



# FOOTBALL

Continued from Page 15

The original edition of the league featured just three teams. Since then, the popularity of the sport has increased dramatically locally, with as many as 14 teams comprising the league at times in recent years.

According to DelVecchio and Virginia Beach Parks and Recreation's Eddy Hen-

dricks, who coordinates the league, the relationship has seen the league pick up significant steam since it became an official city recreational sport in 2005.

"It's really a matter of getting the word out," said Hendricks, who has compiled an e-mail list of past participants and sent out fliers to city recreation centers. "It still varies from year-to-year, but it was nice to have

See SAND, Page 18



GARY C. KNAPP | SPECIAL TO V-P

**Matt Hoesley, left, tries to pull down a pass as Gene Florez comes in from behind to knock the ball away during the 2008 USBFFA Flag Football tournament.**

## Rules of the game

Here are some characteristics of sand football:

- Played on 60-yard field, marked with collapsible safety cones.
- Played in two 40-minute halves.
- Each team must field six players (four men and two women) at all times.
- Each offensive possession is allowed two first downs before reaching the end zone. A first down is achieved after two completed passes.
- If a female is involved in a touchdown by either throwing, catching or running the ball, it counts for nine points instead of the standard six.
- Points after touchdowns are awarded as follows: one point for a 5-yard conversion, two for 10-yards, three for 15 yards.

The local's destination to eat, shop  
Save time and money while finding  
what you need!



## How Con Independent apartm

Welcome to the only  
in the convenient  
independent senior.

First Colonial Inn boasts  
allows residents the convenience  
in a Town Car or 18 pass  
maintenance, high gas price  
reliable and free door-to-door  
Monday - Friday, so you

In addition to the many services  
we offer, residents also enjoy  
with full kitchen, private  
with walk-in closet.

Call us today to schedule



NOW WELCOME



# team of the week



COURTESY PHOTO

**The Great Neck Beach Girls 12U volleyball division won the regular season title at the Virginia Beach Tournament on June 3. The team was undefeated in matches and had an overall record of 23-2. Back, from left: Head coach Glenn Bottomley, Nicole McCellan, Casey Spanitz, Gabrielle Goodall, Mackenzie Brown, Carley Yoakmam, Meagan Mitch and assistant coach MaryJo Fama. Front, from left: Erin Mordecai, Christine Mcdermott, Christy Bottomley, Holly Soave and Catherine Couglin.**

## SAND

*Continued from Page 17*

14 teams in our last spring season.”

With the administrative and organizational responsibilities of the league passed off to Parks and Recreation, DelVecchio began focusing on organizing and hosting a series of summertime tournaments under the United States Beach Flag Football Association moniker. His wife, Lauren, helps him.

With other areas having picked up on the sport by following DelVecchio's model, the tournaments became a national draw with teams coming from as far as San Diego and Pensacola, Fla., to participate.

The association recently

held its National Championship in conjunction with the East Coast Surfing Championships, where DelVecchio's Sand Sharks defeated fellow Virginia Beach rival Sand Spurs 31-12.

With folks from new areas constantly contacting DelVecchio about starting their own leagues, DelVecchio projects a bright future for the sport.

“I can see another 20 cities on both coasts getting involved in the next few years,” he said.

“It's a great sports for people both young and old, because sand is a very forgiving surface. You can really go full-tilt when you're out there, and that makes it more fun.”

**John Streit, 639-4805,**  
vb.beaconsports@yahoo.com



**INTERNAL  
MEDICINE,  
KIDNEY AND  
HYPERTENSION  
CENTER, P.C.**

H. F. Pavon M.D., FACP  
Elizabeth Paluszek, CFNP

Dr. Pavon is a Board Certified in Internal  
Medicine and Nephrology and is a Member of  
the American Society of Hypertension

Specializing in Internal Medicine • Kidney Disease • Hypertension  
Special Interest in Diabetes, Metabolic Syndrome & Cardiovascular Diseases

Lake Wright Executive Center, Twin Oaks I Building  
5700 Lake Wright Drive Suite 101 • Norfolk, Virginia 23502