

# ELITE VOLLEYBALL TRAINING PROGRAM



This program is designed to prepare volleyball players for the next level, whether high school or college. Be prepared to work hard, be disciplined and gain confidence in who you are and your abilities. Our goal is to help young athletes grow in the following areas:

- \* Confidence
- \* Power
- \* Sportsmanship
- \* Determination
- \* Self-discipline
- \* Speed
- \* Knowledge of the game
- \* Work Ethic

Athletes will be trained by coaches with many years of experience playing volleyball and coaching at all different levels (club, high school, college and professional).

Coaches: Stephanie Lund, Bailey Bars & Paisley Wortman

## SESSION 1: DECEMBER 1<sup>st</sup> - 17<sup>th</sup>, 2020

Grades 6-8th: Wednesdays & Fridays from 5:15-6:45pm

Grades 9-12th: Tuesdays & Thursdays from 5:45-7:15pm

## SESSION 2: JANUARY 5<sup>th</sup> - 22<sup>nd</sup>, 2021

Grades 6-8th: Wednesdays 5:30-7:00pm & Fridays from 4:00-5:30pm

Grades 9-12th: Tuesdays 6:30-8:00pm & Thursdays 4:30-6:00pm

Cost per session: \$90/Member & \$110/Non-member

## SPEED, AGILITY & STRENGTH TRAINING

Sign up for this additional training to become more athletic, stronger and be able to react quicker. Compete against yourself and others.

Dates: Tuesdays, December 1, 8 & 15

Times: 4:00-5:30pm

Cost: \$30/Member & \$45/Non-member

Dates: Thursdays, December 3, 10 & 17

Time: 4:00-5:30pm

Cost: \$30/Member & \$45/Non-member

Contact: Stephanie Lund - Director of Sports and Family Programs - [slund@grantspassymca.net](mailto:slund@grantspassymca.net)

