

# VOLLEYBALL

## VERTICAL and VELOCITY DEVELOPMENT PROGRAM

### Do You Want to Increase your Strength, Jump Higher, Hit the Ball Harder, and Decrease your Chances of Injury?

Bring your volleyball game to the next level and start preparing for next season. The strength coaches at The Athlete's Playground will help you make up for lost time last year so that you can be quicker, stronger, and faster for the upcoming season.

The Athlete's Playground LEAD | VELO Volleyball Program is designed to help you safely increase your athletic performance on the volleyball court by:

- Increasing the mobility, flexibility, and range-of-motion throughout the entire body.
- Strengthen the muscles that support the major joints where common injuries associated with the sport of volleyball occur.
- Strengthen and stabilize the shoulder joint and the muscles that support the shoulder.
- Develop more power and longevity when hitting the volleyball.
- Learn how to properly load and land when jumping.
- Develop more explosiveness and power in your vertical jump.
- Learn the corrective form and technique when it comes to weightlifting (for high school and college-bound athletes only).
- Younger participants will focus on correct bodyweight and light resistance loads (i.e. resistance bands, light body bars, light medicine balls, etc.).
- Increase your strength by developing lean muscle performing exercises, drills, and workouts that are relative to the sport of volleyball.

### \$300.00 + Tax Includes:

- 12 Hours of Volleyball-Specific Sports Performance Training.
- Nutrition Guidance and Coaching.
- Bodyweight Strengthening, Mobility and Flexibility Homework.
- Initial and Exit Assessments.
- T-Shirt.
- Passionate Strength Coaches who Care about your Child or Teen's Development.

[www.theathletesplayground.com](http://www.theathletesplayground.com) | (505) 321-5797

**Details:** This camp is **4-weeks in length** and each session is **90 minutes** for a **total of 12 hours** of volleyball-specific sports-performance training. Camp training days and times are: **Monday / Wednesdays @ 4:30 PM** and **Tuesdays / Thursdays @ 4:30 PM**. For more information or to register, please visit us online at [www.theathletesplayground.com](http://www.theathletesplayground.com) or call (505) 321-5797 or (505) 414-6218.

**\*Bring in your own group of at least 8 participants and choose your own days and times\***

