ATLET

HS SUMMER ELITE VOLLEYBALL TRAINING

MON. JUNE 10TH – SUN. AUGUST 11TH (OFF JULY 4TH WEEK)

(SEE DETAILS ON BACK)

REGISTER @ ATLETSPORTS.COM/CAMPS

SPEED TRAINING

PLYOMETRIC TRAINING

ATLET H.S. VOLLEYBALL

TRAINING PROGRAM

TRAINING SCHEDULE:

MON (6:30am– 7:30am) – Single Leg Stability / Plyometrics

WED (6:30am –7:30am) – Speed & Lateral Agility Training

"Atlet Trained" Performance T-Shirt

$100 ADDITIONAL PRICING

Full Recovery Therapy Access

Proven 4 Sport NSF Certified Recovery Drink Supplements

LOCATION

ATLET SPORTS TRAINING FACILITY

COST

$295 / ATHLETE ($147.50 x 2MO CREDIT CARD)

REGISTRATION

ATLETSPORTS.COM/CAMPS