2010 College Volleyball Summer Training

DEFINING SPORTS PERFORMANCE

Dominate the Volleyball Court in 2010!

- Sessions include Strength & Power, Speed & Agility, and Energy System Development
- Incoming freshmen & current college players
- Training Times/Days
  - Start Date: May 17th
  - End Date: August 6th
  - 10:00-11:30am (Monday - Friday)
  - 5:30-7:00pm (Monday – Thursday)
- Cost: All sessions = 90 minutes
  - 12 sessions: $275; 24 sessions: $430; 36 sessions: $540 (No refunds)
  - Register by May 7th and receive a 10% discount
- Register by calling (317) 415-5730
- SVSP East - 6002 Sunnyside Rd, Indianapolis 46236