

Velocity Sports Performance



CDAA Volleyball Players and Families: In-Season Training Packages

Score more points, reach the ball faster, and get a jump on your vertical with Velocity Sports Performance. Our one-of-a-kind programs, bolstered by certified coaches, and elite curriculum, help volleyball players become faster, stronger, and more explosive. Receive up to 20% OFF our In-Season Training Packages if you sign up by November 30th, 2012. All sessions expire on April, 30th, 2013.

Our 60-minute Youth program (ages 8-11) is designed to help increase your athlete's coordination, strength, running mechanics, and overall body awareness. During our intense 90-minute Developmental and Competitive sessions (ages 12-14 and 15-18) athletes focus on: flexibility, injury prevention, and core strength, explosive strength via Olympic weight lifting, and acceleration and lateral movement mechanics.

Velocity Sports Performance's proven, curriculum-based training programs, conducted in small groups of 6-8 athletes by our certified and degreed coaching staff will maximize you and your athlete's speed, power and agility. For optimal gains in performance and fitness, it is recommended that athletes train 2-3 times week.

In-Season Special	Youth		Developmental & Competitive	
36 Session Package – Best Value! • Athletes can train up to 36 times through 4/30/13	\$399	\$11.08/session	\$599	\$16.64/session
24 Session Package • Athletes can train up to 24 times through 4/30/13	\$299	\$12.46/session	\$459	\$19.12/session
12 Session Package • Athletes can train up to 12 times through 4/30/13	\$169	\$14.08/session	\$259	\$21.58/session
Single Session Price • See how much you save with our In-Season Specials!	\$20/session		\$30/session	

REQUIRED: Initiation Fee – \$49, for all first time members.

For more information on **In-Season Training** contact Brad Ogle at (763) 390-6625 or brad.ogle@velocitysp.com