

Adrenaline Sports & Fitness:

Presents a Comprehensive
8 Week Preseason Strength and Conditioning Camp
for Volleyball Players Grades 9 – 12.

Included in the eight week sessions:

- ✓ Lower Body Strength and Power Development
- ✓ Proper Jumping and Landing Mechanics, including ACL Injury Prevention training
 - ✓ Shoulder Girdle Strengthening and Stability
 - ✓ Volleyball Specific Conditioning
 - ✓ Core Strength & Stability Training
 - ✓ Speed, Agility & Quickness Development
 - ✓ Making friends and having fun!



Starting Tuesday June 16, 2009

Training sessions will be held:

Tuesdays & Thursdays @ 11:00 am and Saturdays @ 9:00am

Adrenaline Sports & Fitness

6659 Liberty Court

Liberty Township, Ohio 45044

[Directly across the street from Lakota East High School]

www.adrenalinesf.com

To register, please call 779-1234, or email gtoms@adrenalinesf.com

Cost for the eight weeks will be \$300*.

* Rates bases on at least 8 athletes registered.



Coordinator of the 8 week camp will be Gene Toms, former libero and graduate of the University of Cincinnati where he studied exercise science. Gene is also a coach at Sports Express VBC. His academic, coaching, and playing experience will be invaluable in helping young volleyball players maximize their athletic potential.

