



Sky Volleyball Performance Training 2016-2017

U-District PT was formed in the spring of 2004 by Brian Cronin, Jeff Hart, and Mike Nilson. By combining their professional backgrounds they created a space where physical therapy, performance training, and personal training were uniquely fused. From the beginning, their goal has been to create an exceptional physical, mental, and spiritual experience for all clients.

Performance coaches TJ Conley and Donnie Santos are both certified through the National Strength and Conditioning Association and will be running the Spokane Sky Performance Training Program. Both coaches are experienced in working with volleyball athletes to become functionally stronger and more explosive.

Program Offerings:

- No additional cost
- Proper jump mechanics
- Injury Prevention Protocol
- Pre-season Training Workouts 3x per Week
- In-Season Training Workouts 1x per Week at Practice Facility
- Pre and Post Program Jump Testing



Contact Us:

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Check us out on Facebook, Instagram and Twitter