



**Shakopee Girls
Volleyball
Training Program
(Summer 2019)**



Our team-based athletic performance training will help your athlete rise to the next level! Strength, agility, mobility, and recovery will all be addressed in our professionally created and overseen program.

PROFESSIONAL GUIDANCE FOR YOUR ATHLETE

- Sessions led by two fitness professionals
- Higher ratio of individual attention per athlete
- Multiple areas of expertise between coaches

WE MAKE PERFORMANCE EASIER FOR THEM.

- Increases in strength, agility, and mobility
- Better understanding of recovery and its role in sport
- Knowledge to empower athletes outside of the gym

WE MAKE THIS PROGRAM EASY FOR YOU, TOO.

- Flexible scheduling for multi-sport athletes
- Athletes can attend 2 of the 4 sessions run per week, Monday through Thursday from 10:00am-10:30am (or 1:00pm-1:30pm based on demand).
- Interaction with coaches via email, phone, or face to face meetings.

Projected dates for the "Summer" session are Monday June 10th through Thursday August 1st. This will be an 8 week program.

General Information:

- Costs will be tiered by athlete volume
 - 6-10= \$285 per athlete
 - 11-15= \$220 per athlete
 - 16-20= \$160 per athlete
 - 21+= \$125 per athlete
- Registration will require name and age of athlete along with a parent's credit card number and expiration date to be sent to Korbyn using phone, email communication, or an in person visit to the gym.
- Sessions would last 30-35 minutes based on athlete count and curriculum for the session.

CONTACT US TODAY TO LEARN MORE

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