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CAPITAL VOLLEYBALL CLUB PERFORMANCE TRAINING AT SANFORD POWER

For the first time, Sanford POWER is offering team training for girls ages 14U-18U who are members of the Capital Volleyball Club (CVC). This 9-week program will run at the same time as the spring CVC competitive season. Training sessions will prepare volleyball athletes for the demands of the sport while also improving performance and reducing injury risk.

TRAINING CONTENT:

- Improve jumping ability by developing force and power
- Mitigate injury risk through strength training
- Enhance change of direction speed and agility
- Develop acceleration and speed

WHEN:

March 8–May 7 (9 weeks)

- Session 1 for ages 16U-18U: Tuesdays and Thursdays at 4 p.m.
- Session 2 for ages 14U-15U: Mondays and Wednesdays at 6 p.m.

Limited spots are available in each session.

COST: \$175

WHERE:

Sanford POWER
3451 N. 14 St., Suite C
Bismarck, ND 58503

To learn more, contact Sanford POWER in Bismarck at (701) 323-1125.

458-964-784 2/22

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YOUR PERFORMANCE**



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