



Volleyball-Specific Speed and Jump Clinics

**NEW SUMMER
PROGRAM**

Powered By  **TRUEAP**



Sessions Include:

1. Speed and Quickness
2. Vertical Jump
3. Strength Training
4. Flexibility Training

NEW Program:

Session 1: 6/4 – 6/25
Session 2: 7/2 – 7/30

Ages 7-10

Tuesdays (5-6pm)

Ages 11 - 14

Tuesdays (6-7pm)

Ages 15 - 18

Tuesdays (7-8pm)

OPTIONS

Cost: 20/session
START ANYTIME!

NEW Program:

Session 1: 6/4 – 6/25
Session 2: 7/2 – 7/30

Registration:

ONLINE:

QUICK AND EASY!

- a. www.nvva.com (Performance Training Tab)
- b. Choose Program
- c. Choose YOUR program (Days)
- d. Create Login & Password
- e. Choose Payment Options

REGISTER NOW:

www.nvva.com

NEED HELP?

Call 703-996-3500 or email kjohnson@trueap.com

Information on True Athlete Performance visit TrueAP.com

www.nvva.com

Click on NVVA Performance Training