

SBHS-VOLLEYBALL STRENGTH & JUMP TRAINING SUMMER 2016



True AP Volleyball:

Improve Strength, First Step, Explosive Power, Movement Efficiency-



SUMMER SESSION: 06/20, 06/22, 06/27, 06/29, 07/11, 07/18, 07/20, 07/27
Classes offered Mondays/ Wednesdays in Main Gym



TRAINING SCHEDULE:

7:30p – 8:30p (After Open Gym)



PRICING:

8 Session Package: Only \$120!

Individual Pricing: Email Rob at rrose@trueap.com

Register: www.TrueAP.com/SBHS



**Search Activity Code:
621782-02**

REGISTER NOW:
WWW.TRUEAP.COM/SBHS

TRAINING LOCATION:
STONE BRIDGE HIGH SCHOOL, ASHBURN, VA