

**Elite Sports Ohio**

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# Volleyball Speed and Agility Enhancement

Elite Sports Performance Training will be holding a five week program, that will focus on volleyball specific movement while enhancing speed, agility and reaction. This training can be used for all positions. All ages welcome!

**Cost: \$45 per session**

**Session 1: June 30th, July 7th, July 14th July 21st and July 28th 4:00-5:00 pm**

**Session 2: July 2nd, July 9th, July 16th, July 23rd and July 30th 4:00-5:00 pm**

**Maximum 12 athletes**



**Sweat soaks the road to victory!**

**Elite Sports Ohio**

11035 Cleveland Ave NW

330-494-2110

330-705-6829

BThewes@EliteSportsOhio.com

Name \_\_\_\_\_ Email \_\_\_\_\_

Grade \_\_\_\_\_ School \_\_\_\_\_ Phone Number \_\_\_\_\_

Applications will be taken on a first come basis. Applications will not be accepted after June 12th