

Jonathan Alcombrack's Outdoor Summer Training Sessions

**Open to Female Volleyball players
from U16-U18**

Limited to 15 athletes for this session

**1.5 hour long sessions,
2 days a week for 12 weeks**

**Sessions held at KRC in Kanata and
the Kanata Wave Pool.**

Mondays and Thursdays 7:30-9pm

Cost is \$250 (pool included)

**Sessions are designed to train each girl's
core strength, volleyball-related physical
strength, speed, balance, and power.**

**Not your traditional indoor or outdoor
workout.**

**For more info please email Jonathan at
alcom_red@hotmail.com**

Additional Information

The first week will be physical testing to see what each individual can do. Athletes will be retested twice to give myself and the individual a baseline of their personal improvement.

Most equipment needed will be supplied. Athletes must bring a yoga mat and a round ball of some sort (basketball, volleyball, soccer ball). You will not need them on pool days. Bring WATER and lots of it.

This training will not be a social gathering!!! This program is for the serious athlete who wants to improve her personal athletic performance.

If athletes are being disruptive and not willing to work 110%, they be asked to leave. Each training session is 1 hour long. Every second wasted takes away from every athlete's development. I also don't want any injuries to happen due to athletes not being serious about what they are doing. The 30 minutes of beach in the end is time for FUN, FUN, FUN.

The girls will also receive a training program for at home which includes everything they need to maintain their training and prevent injury.

The sessions will start in June. More info will be given as we get closer to the end of the Volleyball season.

Get Fit! Get Fast! Have Fun!