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Volleyball Conditioning 2010

The Peak Centre offers appropriate volleyball conditioning programs for all age groups and skill levels. All programs include pre/post assessments, speed/agility/quickness and power training, and qualified strength coach supervision at all times.

The youth Elite Volleyball training programs is designed to help a young athlete develop skills in athletic movement patterns and enhance their performance. Developing and maintaining athleticism, power, speed, and agility is key to long term sporting success. These programs include volleyball specific assessments to determine strengths & weaknesses, and periodic testing to ensure progress throughout the program. Monthly individualized programs are designed to improve strength, flexibility, and power, and allow the athlete to develop the physical characteristics that will maximize the chances of taking their game to the next level. Training takes place at the Peak Centre facility during allotted hours.

The Peak Centre believes in eliminating the guesswork in order to get the most out of your volleyball training and following a program based on your individual position, gender, and age specific needs.

Program	Cost 1 st Month	Subsequent Months (2 nd month onward)	Peak Centre		
			Mon - Thurs	Fri	Sat
Volleyball Specific Testing and Training	\$225 + tax	125\$ + tax per month	12pm-8pm	12pm-5pm	10am-1pm

Program Specifics:

- Individual Volleyball Assessment – Aerobic testing, strength and power testing , flexibility, speed/agility testing, **body composition (optional)**.
- Individualized training program – based on assessment results
- Strength coach supervision at all times – guidance and support for each athlete
- Flexible training times
- Periodic assessments to ensure progress and development.
- Optional: One-On-One Personal Training (\$75.00 + tax per session)

Contact: Renee-Pierre Tremblay, B.Sc.
Sport Conditioning Coordinator
613-737-7325

rptremblay@peakcentre.ca

www.peakcentre.ca