



Maximize performance with a powerful and innovative training approach!

SAPT's volleyball specific programming will provide you the power, speed, strength, and endurance to improve your vertical jump, hitting power, and court movement - even during the club season!

THE PROGRAM:

As with all our programs we begin by addressing joint stability and injury prevention specific to the sport. Careful attention is needed due to the high rate of non-contact injuries suffered during volleyball. Even young players experience shoulder, wrist, hip, and knee discomfort from overuse. Our rotator-cuff circuit and hip/knee/wrist stability exercises will strengthen these abused areas of the body and thus limit time spent off the court with chronic injuries.

Beyond the basics of joint stability and injury prevention, we always use an individualized training approach. This approach looks at each student-athlete as an individual, with a unique set of abilities and challenges, and meshes it with a very specific approach to training for the energy systems demanded for success in volleyball. We then design a program to help elicit the greatest possible results.

WHAT TO EXPECT:

- Dramatic improvements in speed, strength, vertical jump, and display of explosive power.
- Focused jump technique training.
- Improved arm swing speed and mechanics.
- Very low athlete to coach ratio (roughly 4:1).
- Injury reduction/prevention techniques.
- Nutritional strategies for peak performance.
- 75-minutes of intense and focused training.
- Challenging and fun training sessions that include: tire flips, sled drags, jump variations slesh pipe, kettlebells, and lots more!

THE COACHES:

Coach Walls: currently a Strength and Conditioning Coach for George Mason University's men's volleyball team. A former player herself, Coach Walls has extensive experience developing players of all ages and abilities: from young club players to professionals.

Coach Romo: a former D1 baseball player, Coach Romo brings experience from collegiate ball to provide expert arm swing instruction for every athlete at every level.

THE DETAILS:

Location: SAPT Training Facility located at 3831 Pickett Road Fairfax, Virginia

More Info: if you would like more information on program specifics, schedule, our facility, or pricing** please email us at info@studentathlept.com

**discounts available for groups of 7+ (no more than 10/group)

Sign-up TODAY
by calling or emailing:

SAPT
Student Athlete Performance Training, Inc.

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