

Advanced Hitter's Training

www.topflightvbc.com

Top Flight Volleyball Club is now offering **Advanced Hitter's Training** which is specifically developed to allow players the ability to reach their ultimate potential on the court. Emphasis is placed upon learning and performing fundamentals properly and executing them consistently. Our program utilizes the nationally acclaimed **SoloSpike** training techniques. These training techniques have been developed from the coaching staff and trainers of high performing collegiate and elite club volleyball programs.

The Hitter's Training program is appropriate for **all ages and skill levels**. Athletes will train in a small group environment under the direction of a **trained and certified** hitting specialist. Training consists of 16 one hour sessions, twice a week for 8 weeks. The program focus is on hitting biomechanics, game speed, endurance and injury prevention. Pre and Post testing, **digital video analysis** and player evaluations are completed for each athlete. Utilizing SoloSpike's nationally accredited techniques Top Flight is focused towards developing mechanically sound and conditioned athletes.

Training Locations

Top Flight Athletic Center
1360 Madeline Lane Suite 400
Elgin IL 60124

Tuesday and Thursday 06/26/12 ~ 08/02/12
Monday and Wednesday 06/25/12 ~ 08/01/12
Training will be held in one hour increments from 6-9pm

AREAS OF MAIN FOCUS

Increase Attack Height
New Injury Prevention Techniques
Maximize Hitting Endurance
Develop Game Speed Hitting Power
Individual Video Analysis
Player Evaluation

TOP FLIGHT
VOLLEYBALL CLUB

Club Director

Cindy Gritzman

630-606-1342

Mail form and entry fee to:

Top Flight Volleyball Club
1360 Madeline Lane Suite 400
Elgin IL 60124

Phone: 630-606-1342
cindygritzman@topflightvbc.com

Cost: \$275* per athlete
*flexible payment options

Name _____

Address _____

Phone _____

T-shirt Size: S M L XL _____

Sex _____ Age _____

You may be required to sign a waiver to attend the Advanced Hitter's Training.

You may also register on-line by visiting our website: www.topflightvbc.com

Signature _____ Date _____

Signature of parent or guardian if under 18 years of age. _____ Date _____