

STARTS NOVEMBER 11TH, ENDS JAN 9TH

*DEAD WEEK • DEC 23-29



8-WEEK WINTER
VOLLEYBALL
PERFORMANCE
CAMP

● ● Strength Training, Jump Technique, Speed & ● ●
● ● Agility, All Specific to Volleyball Players Who ● ●
● ● Are Motivated To Train Like An Athlete! ● ●



8-WEEK WINTER
VOLLEYBALL
PERFORMANCE
CAMP

Session Days/Times:

M/TU/W/TH @ 7PM (60 MINS)

Location:

AMP PERFORMANCE GYM
4 NE SKYLINE DRIVE, LEES SUMMIT, MO 64086

Age Requirements:

13-18 YEARS OLD

SESSION STRUCTURE:

(GENERAL/DYNAMIC WARM UPS) *5-8 MINS
(JUMP OR SPRINT-SPECIFIC JOINT ISOMETRICS) *5-8 MINS
(JUMP OR SPRINT PLYOMETRICS/DRILLS) *10-15 MINS

(STRENGTH TRAINING STATIONS) *15-20 MINS
(FINISHER INTERVALS) *5-6 MINS
(COOLDOWN) *3-5 MINS

**PRICING & PACKAGES ON NEXT PAGE*



**INVASION ATHLETES
RECEIVE 10% OFF
ANY PACKAGE!**



**12 SESSION
PUNCH CARD**
\$400

**EARLY BIRD
(ENDS OCT 31ST)**



**UNLIMITED SESSIONS
FULL CAMP**
\$99/WEEK
OR
\$700 UPFRONT (SAVE \$92)

**EARLY BIRD
(ENDS OCT 31ST)**



**8 PRIVATE SKILLS SESSIONS
+
UNLIMITED CAMP SESSIONS**
MVP PACKAGE
\$149/WEEK
OR
\$1049 UPFRONT (SAVE \$150)

ALL GROUP AND PRIVATE SESSIONS MUST BE USED WITHIN THE 8 WEEK PERIOD - SESSIONS WILL NOT ROLL OVER AFTER CAMP ENDS. GROUP CAMP SESSIONS ARE BOOKED VIA GLOFOX - ALL PRIVATE SESSIONS WILL BE BOOKED WITH COACH MACKENZIE INDIVIDUALLY