



Join the Ohio Valley Beach Level Up Winter Sand Training Program

If you are looking for a ton of great volleyball touches in a challenging and physically Demanding environment. Give our Level Up sand volleyball training team a try.

Who should Join? Anyone who wants to be a better all around volleyball player. Anyone who wants to be in peak playing shape, increasing vertical leap and foot speed. Anyone who desires to expand their volleyball IQ. Anyone who wants to sample the fastest growing women's collegiate sport of all time.

When Does it start? Training begins Thursday Nov.2nd and will continue every Tuesday and Friday from 4 to 6 for 10 weeks through January 5th.

What is the Cost? The cost is \$240 for the 10 week session.

Where is the Training? The training takes place at Flannagan's Dublin 6835 Cain Road Columbus, Ohio 43235

What Makes the Training so good

The athlete's will be taught to execute every facet of the volleyball game through repetition of technique drilling and game speed situational training. Being the sand game is a 2 vs. 2 sport, the players have to learn to be able to master every skill, as well as understand offensive and defensive strategy to put themselves in the best position to score points. This doubles game structure does not allow a player to be one dimensional There is no bench in beach and no substitution's , it is totally on the athlete to take responsibility for their performance.

To Sign Up for the program: fill out the attached sign up form and mail payment to Rob Long 4827 Rockdale road, Hamilton Ohio 45011 and make your

Any questions can be directed to Rob Long at longenterprises@fuse.net or check www.ohiovalleybeachvolleyball.com