



Volleyball Strength & Conditioning Program

TSPT Wellness & Sports Performance is offering a Strength and Conditioning program specifically designed for female volleyball players of all ages. This volleyball specific program will focus on muscle strengthening, injury prevention, proper form, and exercises most important for volleyball players.

Each athlete will be working alongside Tim Soder, MSPT, and JC Sibley, CSCS, whom have both trained and designed programs for many professional, collegiate and high school athletes. A few of their volleyball players include Hayley Spelman, Emma Kirst, Sophie Cram, Berkeley Oblad, and Gabby Neuman.

TSPT's volleyball program is designed to train and educate athletes on:

- Injury prevention: specifically in the shoulder, knee, & ankle
- Muscle strengthening, endurance and flexibility
- Speed and agility
- Core strengthening and stability
- Rotator cuff strengthening and maintenance
- Different programs will be designed for each position

Days: 2 or 3 days per week (Monday – Friday)

Length: 8-week (June 12th – August 4th) or 10-week (June 12th – August 18th)

Time: Call to set up your schedule

Duration: Each workout will be 1 hour and 30 minutes

Location: Southwest Las Vegas Clinic (see address below)

Cost: 8-week (2 days/\$260), 10-week (2 days/\$320)
8-week (3 days/\$380), 10 week (3 days/\$450)



University of Utah
Emma Kirst

Professional Volleyball Player
Hayley Spelman

Brigham Young University
Sophie Cram

For more information please call: **702-683-3001** and ask for JC
Spots are limited, so sign up soon!

