



FITNESS THROUGH VOLLEYBALL FOR WOMEN!!

with Tony Wells

- * 30 years coaching experience.
- * 9 Canadian Beach and Hard Court Volleyball Championships.
- * Strength and Fitness coach U of C National Champions 1989.
- * Author of The Ultimate Beach Volleyball Training Manual.

IMPROVE YOUR VOLLEYBALL SKILLS AND GET FIT THROUGH A SERIES OF FRIDAY EVENING OR SUNDAY MORNING OR AFTERNOON TRAINING SESSIONS.

COME TO ONE OR MANY!!

EACH SESSION WILL TAKE YOU THROUGH A RANGE OF VOLLEYBALL DRILLS DESIGNED TO INCREASE YOUR FITNESS LEVEL AND MAKE YOU A BETTER VOLLEYBALL PLAYER. REGISTER ONLINE. REGISTRATIONS ARE LIMITED!

NEW CLINICS ARE POSTED ON THE REGISTRATION PAGE OF THE RALLYPOINTE WEBSITE ON AN ONGOING BASIS.

COST: \$15 (+gst) per session

LOCATION: Rally Pointe

Participants should be adult (completed high school) intermediate level players or above.

VISIT the clinic registration section of www.rallypointe.com for more information or to register for one of these sessions.

Spots are limited to 12 players per session.