



FREE Trial Performance Training Session Offer for Alamo Volleyball

In order to successfully introduce EVP programming to athletes within Alamo Volleyball there will be free trial sessions offered during the weeks of December 4th-8th and December 11th-12th. Elite Volleyball Performance helps volleyball players improve vertical jump performance, lateral movement and agility, strength, speed, and power. The focus of this training is to enhance performance on the volleyball court as efficiently and effectively as is possible and the focus and concentration EVP has on the volleyball athlete will be unlike anything seen in other programs. These sessions will be offered on a first come, first serve basis and each 45-minute session can accommodate up to 4 athletes so consider registering ASAP. For questions or registration information contact Daniel Martinez at 210.317.0549 or elitevolleyballperformance@gmail.com.

*Athletes can only sign up to participate in one free trial session during the introductory period.

In January the Elite Volleyball Performance programming will become a regular part of the weekly schedule available to Alamo Volleyball athletes and these athletes will be given a club discount exclusive to Alamo. Pricing for Alamo athletes is available in an 8-week program for \$175/player at a cost of \$22/session or on a session-by-session basis for \$30/session. Regular programming will allow 4 to 6 athletes in each session to allow a proper coach:athlete ratio and to enhance communication and feedback necessary to support an intense training environment.

Dates and Times Available for FREE Trial Sessions

Date	Time
Monday, Dec 5	8-8:45PM
Tuesday, Dec 6	7:15-8PM 8-8:45PM
Wednesday, Dec 7	7:15-8PM 8-8:45PM
Thursday, Dec 8	7:15-8PM 8-8:45PM

Date	Time
Sunday, Dec 11	3:15-4PM 4-4:45PM 5-5:45PM
Monday, Dec 12	8-8:45PM
Tuesday, Dec 13	8-8:45PM
Wednesday, Dec 14	8-8:45PM
Thursday, Dec 15	8-8:45PM