

SoloSpike

Training & Equipment



Alabama Volleyball Academy *Presents the*

"2010 SoloSpike Hitters Club Program" *Training Held at the Spring Hill College*

Multiple training levels make the **"SoloSpike Hitters Club"** appropriate for all ages and skill levels. Athletes will train in a small group environment under the direction of a *Certified SoloSpike Instructor*. **Training consists of 14 – 1 ½ hour sessions. This is twice a week for 7 weeks.** Pre/Post testing, digital video analysis and player evaluations are completed for each athlete. With the use of video technology and SoloSpike's advanced hitting system, this program provides our staff and your athletes with the tools to develop long term changes in **dynamic hitting** & ball control mechanics and the development of **muscle memory** through focused repetitions. The program also includes live ball hitting on the net. With years of proven results and continual **research**, SoloSpike and SoloSports Advanced Technologies are changing the way to develop mechanically sound, fundamentally driven, **peak conditioned volleyball athletes**. Each athlete will receive a complementary SoloSpike T-Shirt and CD.

- **Increase Attack Height 5 to 8 Inches**
- **Maximize Hitting Endurance**
- **Develop Game Like Speed, Agility and Explosive Power**
- **On Net Live Ball Hitting**
- **SoloSpike Player Video Capture & Analysis**

Session Dates & Times

Mondays & Wednesdays Sessions and Times

(Beginning June 15th - Ending July 29th)

1:00pm, 2:00pm, 3:30am, 4:30pm

SoloSpike Analysis Dates:

6/15/2010 & 7/29/2010

All athletes need to attend the analysis sessions.

Times will be determined after athletes have signed up for training sessions.

Entry Deadline: June 1st

Training Location: Spring Hill College, Mobile, AL

Cost: \$225.00

Individuals should sign up by contacting Janey Helland – jhelland@solospike.com or 507-380-7404.



"Dave & Solospike started working with Savannah the summer before her freshmen year. Savannah just signed to play college ball for Spring Hill College on a **Volleyball Scholarship**. She has accomplished 4 state championships, **2 All State MVP's**, 2009 Mobile Press-Register Player of the year and **All-state player selection for 2008 & 2009**. Savannah is a 5'11" middle hitter and this year alone recorded **592 Kills**, 101 Aces, 534 digs and **269 blocks**. Thanks SoloSpike."

Willard Simmons
Daphne, AL

Name _____ Shirt Size S M L XL
Address _____
City _____ St _____ Zip _____
Phone _____ E-mail _____
School _____ Date of Birth _____

Contact Janey Helland to Request Training Days and Times!

Payment Options: Check.

Payment plans available!

Send Payment and registration to :

Alabama Volleyball Academy
Teresa Simmons
9628 Malbis Lane
Daphne, AL 36526

(Make checks payable to Alabama Volleyball Academy)

Liability Release

I am entering this program at my own risk. By signing this release for myself or my child under 18 years of age, I understand and agree to release, absolve and hold harmless all sponsors, organizers, Solospike and any and all associated entities and individuals from any and all blame for any injury, harm, loss or inconvenience suffered as a result of my taking part in this volleyball camp. I agree to follow all rules and regulations of the camp authorities.

Dated this _____ day of _____ 2010 _____



WWW.SOLOSPIKE.COM