



Volleyball Strength and Conditioning Player Development Performance Program for the Female Athlete

Atlantic Performance Training is proud to offer a female athlete specific Volleyball Strength and Conditioning Player Development Performance Program. This program will help your athlete establish the basic and advanced performance foundations while reducing injury potential based on researched and developed methodology specific to the female athlete. To achieve this, the Volleyball Strength and Conditioning Player Development Performance Program will address volleyball specific skills and the female athlete biomechanics through integrated balance, flexibility, mobility, and stability exercises to increase proper transfer of power and energy from the feet to the arms through the seamless interaction of the hips, torso(core) and shoulders – end the state resulting in increased performance and decreased injury potential of the female athlete.

Atlantic Performance Training will address individual specifics in detail while analyzing and exposing limits in current abilities. At Atlantic Performance Training we view our clients as a WHOLE. Proper Testing, Teaching, and Training are the core foundations upon which our programs are based.

Program Pricing

	1-on-1	Up to 4 athletes at once
Performance Elite (VO2max test and lactate threshold test, physical therapist evaluation)	\$255/week for 8 weeks Up to 5 sessions/week	\$240/athlete/week for 8 weeks up to 5 sessions/week
	\$240/week for 12 weeks Up to 5 sessions/week	\$225/athlete/week for 12 weeks up to 5 sessions/week
	\$210/week for 16 weeks Up to 5 sessions/week	\$195/athlete/week for 16 weeks Up to 5 sessions/week
Performance Basic (basic performance testing)	\$75/session	\$65/athlete/session

**VBVBA club members receive 10% off of the listed prices.*

Please contact Atlantic Performance Training at (757) 275-7636