



Summer Workout

This summer, the entire Volleyball Program (Entering grades 8-12) will have the opportunity to participate in the NST Sports Performance Training Program. This is a Nervous System Training program that by improving fast twitch muscle fiber recruitment causes athletes to dramatically increase **SPEED, STRENGTH, POWER, and EXPLOSION**. Improving these skills will help to increase performance in **ALL SPORTS!**

The program will increase:

Vertical Jump - to improve blocking and hitting

Reaction & Quickness - to attack the ball more aggressively

Speed & Agility - so players have greater range to cover the entire court

Strength & Coordination - so athletes can hit/serve the ball harder while also improving hitting accuracy

Balance and Stability - helps with body control and quickness

Flexibility & Mobility - to assist with passing and functional volleyball movement abilities

Conditioning - become better athletes and the ability to out work the opponent

Leadership - create team unity, help identify leaders and create mental toughness along with confidence.

To see more detailed information, go to:

<http://nstsports.com/>

At the bottom of the homepage there is a motivational volleyball video that shows some of the activities that will be taking place.



Who: Any interested volleyball player (entering grades 8 -12)

Where: Louisville High School (Door 5) or Louisville Elementary School (Door 4) or Louisville Middle School (Door 1) – depends on the week

When: 6 weeks – 2 times a week – 75 minutes a session (8:00 a.m. to 9:15 a.m.)

(June 5, 7, 12, 14, 19, 21, 26, 28 July 3, 5, 12, 17) -See summer volleyball schedule for specific locations

Cost: \$90.00 (Each player will receive a T-shirt) – Please return the Registration/Wavier form with payment

Money is due by Wednesday, May 23rd!

Turn your money into Ms. Motts (Athletic Secretary) @ HS or Mr. Tausch @ MS by Wednesday, May 17th. Make sure that it is in an ENVELOPE with your FIRST/LAST NAME and GRADE on it!

Checks can be made out/mailed to Louisville Volleyball

2119 Monter Ave. Louisville, OH 44641

****If you would like to combine this with camp so you only have to write one check that is fine, just make sure to include the camp form and the NST Registration/Wavier form in the envelope.**