



In-Season Volleyball Strength & Conditioning Program

Prepare for the Present. Build for What's Next.

At **Missing Element Sports Performance**, our In-Season Volleyball Strength & Conditioning Program is built specifically for volleyball athletes competing during the fall school season—while strategically preparing them for success in their upcoming club seasons.

This **8 or 12-week program** delivers a smart, performance-driven training system that balances in-season demands with long-term athletic development. Our goal is to keep athletes **strong, resilient, and explosive on the court**, while reducing injury risk and preparing their bodies to **peak again during the winter club season**.

Single Group Session Drop-In Cost: \$25 Per Session

What Athletes Can Expect:

- **In-Season Strength Maintenance & Power Development**
Focused sessions that maintain strength gains while sharpening explosive movements like vertical jumps, lateral speed, and reaction time.
- **Recovery & Durability Work**
We prioritize mobility, flexibility, and joint care to keep athletes healthy and performing at their best throughout the season.

- **Club Season Preparation Phase**

As the school season winds down, training intensifies to rebuild strength, endurance, and performance metrics needed for elite-level club play.

- **Sport-Specific Focus**

Every drill, lift, and movement is tailored for the demands of volleyball—nothing is random.

Who It's For:

- Junior High & High School Volleyball Players (Girls & Boys)
- Athletes who want to reduce injury risk, maintain peak performance, and enter club season ahead of the curve
- Parents and coaches who want a **comprehensive, science-based solution** for long-term athlete development

Train with Purpose. Compete with Confidence.

Whether you're spiking in October or showcasing at club tryouts in January, this program ensures your athlete stays **ready, resilient, and elite** all year long.

Secure your spot today – limited enrollment available.

SignUp Before Aug. 30th to Receive 15% Discount

<u>8-Week Program</u> (In-Season Focused): Reg. Cost = \$360 (Discounted Cost = \$306)	<u>12-Week Program</u> (Post-Season to Club Prep) Reg. Cost = \$510 (Discounted Cost = \$433)	<u>Single Session Drop-In Rate</u> (Per Session Cost = \$25)
<u>Goal:</u> Maintain strength, prevent injuries, support performance during matches, and prepare the body for a quick transition into club season. Lower training volume, higher focus on mobility, recovery, and explosive power.	<u>Goal:</u> Build strength, power, agility, and endurance so athletes are stronger and more resilient heading into the club season. Gradual progression with phases for strength, power/explosive, and conditioning.	<u>Goal:</u> Be intentional with your progress by finding time between a busy volleyball schedule to prioritize your athletic development.
Up to 3 Session Per Week (Sessions do not Roll Over to Next 4 weeks)	Up to 3 Session Per Week (Sessions do not Roll Over to Next 4 weeks)	Pay as you go!!!