



**Dear AVC Athlete,**

You've become stronger, more powerful, flexible, quicker and less susceptible to injury, better conditioned, more skilled and have learned about the importance of nutrition and appropriate rest/recovery for your body. As summer approaches, it is important that you make the appropriate training plans to ensure continued success and growth. Below are my recommendations of current EDGE programming that will be of direct benefit to you. The difference between in-season and off-season Edge Training Programs is the amount of time we can dedicate to your individual performance needs.

**KEEP UP THE HARD WORK!!**



**Brian White**

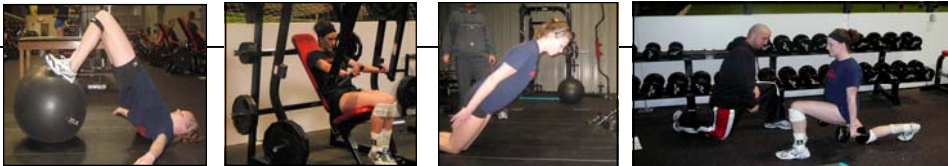
Head Strength and Conditioning Coach- Twinsburg  
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**Weight room Access:** (Resistance Training) Continue becoming STRONGER, more EXPLOSIVE, POWERFULL and less INJURY-PRONE following The EDGE's instruction.

COST: \$35/month

**AVC COST: \$30/month**



**Speed & Agility:** (Movement Training) Continue developing AGILITY, SPEED, POWER, EXPLOSIVENESS, and ANAEROBIC-ENDURANCE. The Edge develops all of these, in a volleyball-specific way, through our movement training. If you don't participate in this form of training, you will be behind the competition!

COST: \$99

**AVC COST: \$75/ Month**



**ACL Prevention Program:** Females are 6-10 times more likely to experience an ACL injury, based upon current scientific evidence, than their male counterparts. Allow us to perform two simple tests that will determine if you are at an increased risk for this type of injury. If our staff determines that you are at an increased risk, then participating in this specific program will help you drastically reduce your risk of ACL injury. This program will also help athletes "bridge the gap" from physical therapy to full participation in sport for an individual who has already suffered from this type injury.

COST: \$240

**AVC COST: \$180/program**



[www.PinnacleSports.org](http://www.PinnacleSports.org)