

N B Y V C
LAKERS

ON2NB

VISION
VOLLEYBALL

PROGRAM

June 8th - July 30th

Monday and Wednesday

4PM to 6PM

\$800.00 per athlete

HIGH PERFORMANCE BEACH PROGRAM

Athletes in this High Performance program will be preparing to compete in the 2015 OVA Beach Tour.

This High Performance program is designed to systematically improve skill, technique, strategy and mental toughness as well as include nutritional information and recommended strength training.

Coaching and Program Designed by Sam Schachter

Coach – Dean Martin

Sam Schachter

2012 Jr World Champion, 2014 National Champion,
North Bay NORCECA and OVA Grand Slam Champion.

LOCATION

VISION
SPORTS & ENTERTAINMENT

New Vision Sports and Entertainment Complex

FOR ADDITIONAL INFORMATION PLEASE CONTACT MICHAEL VALENTI:

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