

SPORTS PERFORMANCE VOLLEYBALL PRESENTS:

# 2019 SAND PROGRAM

## WHY CHOOSE SAND TRAINING?

- **DISCIPLINED TRAINING IN FAST, HIGH PACED ENVIRONMENT**
- **IMPROVE ALL SKILLS IN AN "ACTIVE REST & RECOVERY" ATMOSPHERE**
- **WORK ON TECHNICAL AND TACTICAL DEVELOPMENT**

**DATES:**  
**JULY 8<sup>TH</sup> - AUGUST 9<sup>TH</sup>**  
(5 WEEKS)

**PRACTICES: TUESDAY/THURSDAY/FRIDAY**  
**4PM-6PM**

**AGES:**  
**7<sup>TH</sup>-12<sup>TH</sup> GRADE**

**COST:** **\$350 (15 PRACTICES/30 TOTAL HOURS)**

**NOTE: COST DOES NOT INCLUDE TOURNAMENT ENTRY FEES. PLAYERS ARE ALLOWED TO CHOOSE THEIR OWN TOURNAMENTS, OR JUST PARTICIPATE IN THE TRAINING TO IMPROVE SKILLS.**

**PRACTICE LOCATION:**

**EOLA COMMUNITY CENTER**  
**555 SOUTH EOLA ROAD**  
**AURORA, IL**



**QUESTIONS?**

**STEPHEN HEWITT**  
**SAND PROGRAM DIRECTOR**  
**SANDVB@GREATLAKESCENTER.COM**  
**630.898.6400**

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