

# **SPORTS PERFORMANCE VOLLEYBALL PRESENTS: 2021 SAND PROGRAM**

**Dates:**

**July 5<sup>th</sup> - August 6<sup>th</sup>**

**Programs:**

**BOYS & GIRLS 9th - 12th Grade (HS Pairs Program)**

**BOYS & GIRLS 5th - 8th Grade (JH/MS 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**

## **PRACTICE LOCATION**

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



## **QUESTIONS?**

**STEPHEN HEWITT**

**SAND PROGRAM DIRECTOR**

**SANDVB@GREATLAKESCENTER.COM**

**630.898.6400**