



MINNESTOA JUNIORS VOLLEYBALL SPORTS PERFORMANCE

At Training HAUS, sports performance is the platform for athletic achievement. Our team of experts are committed to building a total athlete, while reducing the risk of injury through individualized evaluation and program design. Every athlete is challenged and empowered to identify, pursue, and achieve their personal goals. Through a partnership with Training HAUS, Minnesota Juniors Volleyball athletes and family members receive 10% off all small group performance packages.

BENEFITS

Training HAUS sports performance programs are so much more than weightlifting. Using dynamic exercises and drills, we cultivate performance qualities beyond foundational strength. The result is a more complete athlete with a distinct competitive on the court!

- Explosive acceleration
- Controlled speed
- Mental endurance
- Reactive agility
- Efficient mobility
- Protective stability
- Injury prevention

PROGRAM DETAILS

Training Schedule: **Minnesota Juniors specific training days and times will be assigned following registration

- Maximum capacity per session: 20

Training Location: Training HAUS – Vadnais Heights: 1490 Country Road E E, Vadnais Heights, MN 55110

Training Reminders: Please remember to bring appropriate gear (shoes, cleats, water bottle, etc.).

COST & REGISTRATION

- ***Cost:** 5-pack: \$126 | 10-Pack: \$225 | 20-Pack: \$405
- **Registration Information:** Please email info@traininghaus.com to get started

*Discounted cost included