



It's time to start prepping for the High School and Club Volleyball season!

Preseason Workouts with Strength and Conditioning Coach Chris Hawk will officially begin on October 5th and will go until October 31st.

There are 2 options for workouts. Athletes will have the choice of either Monday+Saturday or Tuesday+Thursday+Saturday. The weekday sessions will be in the weight room starting at 5:30pm. The Saturday sessions will be court based conditioning at 9:00am. Both the weekday and Saturday sessions will last approximately 45 minutes to an hour.

In order to properly socially distance, there will be a limit of 4 athletes per weight room session and 25 per court conditioning session. Sessions will be planned so each athlete will have their own space and equipment to use. The gym will be sanitized after each session. As session times fill up, additional session times will open at hour intervals. Due to the nature of the program, drop-ins will not be available for weight-room sessions, but are available for court conditioning.

The cost will be \$150 (\$125 early bird) for the 12 session plan and \$120 (\$100 early bird) for 10 sessions. Drop in for court based conditioning is \$20 per session. Early bird pricing will end September 28th.

If your athlete would like to get in the weight room earlier, there are free open gym workouts at 5:30pm on 9/14, 9/15, 9/21 and 9/22. These spots are limited to 4 per session as well. To reserve your spot, e-mail Coach Chris at info@alliancestrength.com.

If you have never been in the weight room and would like a tour or if you have questions regarding the workouts or times please reach out to Chris.

Info@alliancestrength.com