

Dates:

Sunday 1/15/12
Sunday 1/22/12
Sunday 1/29/12
Sunday 2/5/12

Where:

South Main Gym

Time: 7:00—8:00 PM

Price: One time payment of \$50 will include all four sessions.

Payment: Check made to COA paid upon registration.

Registration: Contact

Daniel Millington

Phone: 812-240-7990
E-mail: dmilly3345@gmail.com

Open to players that are 14 and older. You must be on a COA club team to participate.

Crossroads of America Sports Performance Clinics

*The goal of these clinics is to improve overall physical performance as a volleyball player. Each session will incorporate **Injury Prevention (shoulders and ACL), Core Strength, Jump Training, Agility/Foot Speed, and Conditioning.***

Trainer's Experience

- 3 years Division I Coaching Experience
 - Indiana State University (2009-2010, 2011-present)
 - Villanova University (2010-2011)
- Certified Strength and Conditioning Coach through NSCA

Daniel Millington, CSCS

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