



**SUMMER 2022**

# **VOLLEYBALL HIGH-PERFORMANCE PROGRAM**

## **INCLUDES:**

- **BASELINE TESTING**
- **3 PHASES OF VOLLEYBALL SPECIFIC PROGRAMMING**
- **ACCESS TO SHERIDAN ATHLETIC THERAPY CLINIC**
- **2 SESSIONS/ WEEK SUPERVISED BY SHERIDAN HIGH PERFORMANCE COACHES**



## **TRAINING TIMES:**

**MONDAY: 3-5PM, 6-7PM**

**TUESDAY: 3-8PM**

**WEDNESDAY: 3-6PM, 7-8PM**

**THURSDAY: 3-5PM, 6-7PM**

**BASELINE TESTING MAY 16**

**\*MUST PRE BOOK WEEKLY (LINK WILL BE PROVIDED)**

**13 WEEKS MAY 16-AUG 19 (OFF JUNE 27-JULY 1)**

**\$150 + HST PAYABLE AT SHERIDAN UPON FIRST SESSION**

**LOCATION: SHERIDAN COLLEGE DAVIS CAMPUS 7899 MCLAUGHLIN ROAD, BRAMPTON**

**ENTER AT H WING, GYM IS ROOM H118 (FIRST ROOM ON RIGHT THROUGH H-WING ENTERANCE)**

**TO SIGN UP, OR FOR MORE INFORMATION, CONTACT  
ISAAC.SEABROOK@SHERIDANCOLLEGE.CA**