

CAPITAL

S T R E N G T H



10 Week Summer / Off-Season Volleyball Performance Program

Capital Strength Training Systems is the Official Strength and Conditioning Provider for the Ottawa Maverick. Enrolling in our off-season program will allow for synergy between the fundamental base that we create during the season and the performance gains that are made in the summer months!

As an Elite Volleyball player, the off-season is short, and the opportunity to make improvements in physical performance should be the highest priority.

Our goal in the off-season is to help improve the overall performance of our young athletes. This program is dedicated to making off-season gains! Our program will develop fundamental athletic qualities by building strength, maximizing power, increasing speed, and improving mobility and stability.

This will translate to a *higher jumping, faster moving* and an *overall stronger* and more *functional athlete*. Our athletes gain the edge on their competition!

July 3rd to September 8th 2017

Price : \$599 + HST

Monday to Thursday Groups at 4pm, 6pm and 8pm

Friday groups at 4pm Only

Register now to save your spot and have your best off season yet !