

A great program at Mavericks VC!

The program is open to all athletes, of all sports: male and female, junior high thru college age. It is focused on "Mind, Body and Community".



All physical work will take place in "The Pit" Sand Court
Check the training schedule on our website.

100% Effort will be demanded at all times This is a very simple program but it will not be EASY! The goal is for every Maverick Warrior to attend 2 workouts a week.

TRAINING GOALS:

- **Endurance**
Outlast your opponents until the last whistle
- **Attribute Development**
Jump Higher, Turn Faster, Start Quicker & Last Longer
- **Injury Prevention**
Joint Mobility, Develop the Kinetic Chain, Strengthen Tendons & Ligaments

We will conduct bench mark testing on all athletes every 6 weeks in order to monitor progress in: Broad Jump, Standing Vertical, Approach Vertical, Shuttle Run, 4-Touch Endurance Run, Pull-Ups & Power Toss.

Maverick Warrior members will organize & execute community service projects.
(Seniors, Veterans, Homeless, etc)

COST: \$135 FOR 3 MONTHS *(No discounts, refunds or prorating)*

BE A MAVERICK