



2008 & 2009 Volleyball Specific Strength/Vertical Training With The Edge-Minnetonka

The Edge is pleased to be partnered with Crossfire Volleyball to offer a comprehensive athletic development and injury prevention program to last the duration of the club season. Over several years the Edge has worked with numerous volleyball organizations and has seen amazing improvements in strength, leaping ability, and quickness. Now is your chance to receive the same proven method of training to increase your vertical, develop explosive power, quickness, and elevate your game to the next level.

Athletes can choose from the time slots indicated below.



Minnetonka

Program Highlights

- Crossfire's own Emily Gilman increased her block jump 2.5" in '07-'08
- Crossfire athlete Lauren Millen increased her approach 2" during the '07-'08 season
- '04-'05 M1 15-1's averaged a 2.25" increase in vertical jump.
- Dominique Thompson (M1 161) increased her approach jump to 10'2.5" in '07-'08 a new club record!

"The Edge has been an integral part of our training at M1 Volleyball. Our team programs, camps and clinics have benefited tremendously from the professional program set forth by the Edge and their staff."

Doug Bergman
Club Director, M1 Volleyball

Club Training Program

- 2x a week
- Sessions are 1/2 hour
- Monday & Wednesday 5-5:30 or 5:30-6pm
- Tuesday & Thursday 5-5:30 or 5:30-6pm
- Full-Season \$250
- Winter Season \$145
- Spring Season \$105
- Friday add-on* 5-5:30 or 5:30-6pm
- Friday add-on** \$50

*Minimums of 10 athletes must be met for each Friday timeslot
** Add-on available to athletes with a 2x Week Program

Payment must be included to secure your placement in a group.
- Make checks payable to "The Edge Sports Training Centers"
- Credit Card payments can be made over the phone.

Mail to: The Edge Sports Training Centers
121 Cheshire Lane Suite 400
Minnetonka, MN 55305

Name: _____ Email: _____

Address: _____ City: _____ Zip: _____

Phone (H) _____ Club Age: _____

Please Select One Season, Day, and Friday Time (Optional)

Season: Full _____ Winter _____ Spring _____

Mon&Wed: _____ 5-5:30 _____ 5:30-6

or

Tues&Thur: _____ 5-5:30 _____ 5:30-6

And (Optional)

Friday Add-on: _____ 5-5:30 _____ 5:30-6

Call for information!

952-476-5961

Training available at our Bloomington location starting January 5th 2008!