



"I am excited to join the WAVE team and ready to get things rolling! Having worked with youth through Olympic level athletes, as well as Division I volleyball programs, I am looking forward to helping each and every one of you reach your maximum potential. WAVE Agility & Strength is all about developing the "Whole Athlete". We will be training multiple qualities in every session with an emphasis on strength, power, speed, and agility. Volleyball-specific injury prevention will be tied in to every session to help minimize the risk of overuse injuries through repetitive movement. If you are looking to elevate your game and take it to the next level, this is the program for you!"

- **WAVE Agility & Strength Director, Ryan Lennard**

Basic Membership (\$125/month)	Individualized Membership (\$175/month)
<ul style="list-style-type: none"> ○ 8th grade and below ○ Entitles participants to two (2) supervised 1 hour workout group sessions per week 	<ul style="list-style-type: none"> ○ 9th grade and above ○ Entitles participants to two (2) supervised 1 hour workout sessions per week with individual programming targets, and flexible opportunities for athletes in that program to work out in a 1.5 hour session

Both programs require a 3 month minimum commitment. All memberships start on the 1st of the month only to ensure quality programming and maximum participation.

SCHEDULE

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
CLOSED	CLOSED	1:00-3:00 ISPE	CLOSED	1:00-3:00 ISPE
CLOSED	CLOSED	2:30-3:30 Individualized	CLOSED	2:30-3:30 Individualized
3:30-4:30 Combo	3:30-4:30 Combo	3:30-4:30 Combo	3:30-4:30 Combo	3:30-4:30 Combo
4:30-5:30 Basic	4:30-5:30 Basic	4:30-5:30 Basic	4:30-5:30 Basic	4:30-5:30 Combo
5:30-6:30 Basic	5:30-6:30 Basic	5:30-6:30 Basic	5:30-6:30 Basic	CLOSED
6:30-7:30 Individualized	6:30-7:30 Individualized	6:30-7:30 Individualized	6:30-7:30 Individualized	CLOSED
7:30-9:00 Individualized	7:30-9:00 Individualized	7:30-9:00 Individualized	7:30-9:00 Individualized	CLOSED

***Combo Session** welcomes both membership types

WAVE Agility & Strength Director
 Ryan Lennard
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All membership sign ups can be completed at wavevb.com
 Questions? Please contact Madie Smith
madie@wavevb.com