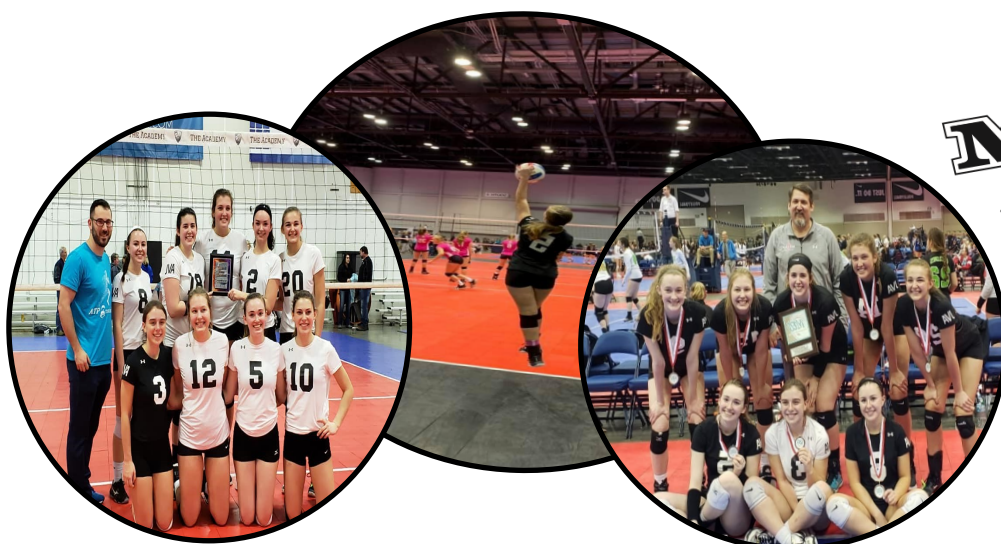


# Athlete's True Performance

ATPI is proud to provide team training for all Metro Volleyball Club Teams for a second consecutive year. Team training allows every athlete in the club the opportunity to work with our certified staff of Athletic Performance Coaches each week of the competitive season and summer, at no additional cost. Strength, power and agility training, along with injury prevention protocols and mental toughness training gives our athletes a physical and mental edge. Our partnership is unique in this area and shows our dedication to the athlete as a whole that is unrivaled.



**METRO**  
VOLLEYBALL CLUB



## Training Benefits

- Vertical Jump Training
- Agility Training
- Pre-season Conditioning
- Educational Clinics
- Injury Prevention
- Free Training Week

## Discounts on Additional Training (outside of Team)

### Small Group and Personal Training

10% off 1x Per week Training Packages

15% off 2x and Unlimited Training Packages

*Marc Sapoznik, CSCS, CSAC, MDSI—Owner/Head Trainer  
Call to schedule your free session today 812-647-6787*