

# WILL YOU BE ONE OF THE 54 VOLLEYBALL PLAYER WHO GAIN THE UNFAIR ADVANTAGE OVER THE COMPETITION

## Where Do You Want To Be??

The one physical attribute Volleyball players seem to neglect in their training cycle is the development of strength. Robert Brown Sports Performance (RBSP) Volleyball TRAINING PROGRAM will not only make you stronger but this new found strength will increase your speed, agility, power, acceleration and endurance!

Our CUSTOMIZED VOLLEYBALL TRAINING PROGRAM makes RBSP unique! By following this personalized program it is not uncommon for RBSP athletes to double their strength levels while limiting potential areas for injury!

## TRAINING PROGRAM GOALS

- Maximize Volleyball Athleticism by increasing the Vertical Jump
- Increase Lateral Speed and Explosion.
- Increase absolute Strength.
- Increase Explosive Power.
- Increase Sports Specific Agility.
- Increase level of Volleyball Conditioning
- Strengthen Joints and poorly developed muscle groups in order to prevent injuries.

## TESTIMONIALS

"Training for the past two years with Robert Brown has been amazing. It's been great having a strength coach that knows so much about the game of volleyball and relates it to weights and conditioning. I'm always so excited to go to work outs because he's always incorporating new things and pushing me everyday to reach my final goal. Through Robert I have learned the correct techniques and positions for all the lifts and exercises to get the maximum results. From all the strength coaches that I have had (before and during college), Robert Brown has developed the best programs and in the end I've gotten the best results!"

Kristin Marcum

Training with Robert is important to me for many reasons. First and most obvious, I have gotten in the best shape that I have ever been in. As a female athlete, I have progressed tremendously from day one of Robert's workouts. I have had two ACL reconstruction surgeries in the past five years, and I have felt behind ever since. However, after working out with Robert, I am confident that I am strong enough to do everything that is put in front of me. I have received numerous compliments on the definition in my legs as well. In addition to the physical importance, my training has developed my mental strength. I am much more passionate about my work out because of what I have learned from being at college. As a collegiate athlete, I am so thankful that I spent my summer training hard. It has made my three a day practices much easier due to the fact that I have been working hard all summer. I now realize the importance of hard training and what it means to be an athlete because of Robert Brown and his excellent program. I have already made plans to be in his summer program next year because from my experience this summer, training is essential to success.

Kristen Kaufman



## Elite Volleyball Training Program

Robert Brown is the GREATEST trainer I have ever had. Since the 3rd grade, I have used Robert to gain my strength, power, & endurance on & off the soccer field. I first met Robert when I played for Polaris 92 club soccer team, & let me tell you- I dreaded seeing Robert at our practice. The fitness was extremely tough but with Robert around, a session would always be enjoyable. He would make you laugh & smile- even though you probably wanted to cry. Robert got me through some of the most elite soccer playing ever. From State Cup to Regional's, he was there making sure I was in the best shape of my life. I couldn't have done it without him. I am now a senior at Lamar High School & Robert is still in my life as a trainer, coach & friend. I'll never in my life find a better trainer, nor will I ever try.

Audra Shaw

## Program Offers

- 8 - Week Program  
June 7<sup>th</sup> – July 30<sup>th</sup>  
Mon, Wed, and Fri  
Cost: \$600.00  
Tues and Thursday  
Cost: \$480.00
- 12-Week Program  
Aug 29<sup>th</sup> – Nov 19<sup>th</sup>  
Wed & Sunday  
Cost: \$600.00  
Three payments of \$200.00

**Registration Information**  
**April 1<sup>st</sup> – May 15<sup>th</sup> ONLY**

- 8- Week Program June 7<sup>th</sup> – July 30<sup>th</sup>
- Three Days per week \$600.00
  - Two Days per Week \$480.00

**THREE DAY PROGRAM**  
Monday, Wednesday, and Friday

- 10:00 am – 11:30 am
- 11:00 am – 12:30 pm
  
- 3:00 pm – 4:30 pm
- 4:00 pm – 5:30 pm
- 5:00 pm – 6:30 pm

**TWO DAY PROGRAM**  
Tuesday and Thursday

- 10:00 am – 11:30 am
- 11:00 am – 12:30 pm
  
- 3:00 pm – 4:30 pm
- 4:00 pm – 5:30 pm
- 5:00 pm – 6:30 pm
- 6:00 pm – 7:30 pm

Name \_\_\_\_\_  
Address: \_\_\_\_\_  
City: \_\_\_\_\_ State: \_\_ Zip: \_\_\_\_\_ Phone: \_\_\_\_\_  
Date of Birth: \_\_\_\_\_  Male  Female  
Sport (s): \_\_\_\_\_ Email: \_\_\_\_\_

A 50% DEPOSIT IS REQUIRED TO RESERVE SPACE IN A GROUP-A non-refundable service charge of \$100.00 is applied for cancellations. After three days of receipt no refunds will be given, only credit towards other training programs

office use only-payment: \_\_\_\_\_ office use only-balance: \_\_\_\_\_

\_\_\_\_\_  
athletes under the age of 18                      Date                      Signature of athlete or signature of parent or guardian for

**Registration Information**

1. Mail this page only to complete registration. Record your registered time slots on the first page, please.

Robert Brown Sports Performance  
2221 109<sup>th</sup> ST.  
Grand Prairie, Texas 75050