

# M1 Volleyball

## 2006 Summer Speed, Strength and Agility Program

Volleyball Specific Strength/Vertical Training

**Often Imitated—Never Duplicated**

Over the last 3 years Minnesota One Volleyball has partnered with The Edge Sports Training Center and utilized it's strength training professionals to develop a volleyball specific strength program. The training program is used throughout the club season with all the M1 teams. M1 and The Edge continue to lead the NCR with unrivaled volleyball strength and vertical training

Now it is your chance to get the same proven method of training this summer to increase your vertical, develop explosive power and quickness, and elevate your game to the next level.



Minnetonka—Eagan—Eden Prairie

### Program Highlights

- '04-'05 M1 151's averaged a 2.25" increase in vertical jump.
- Brianna Eskola (University of North Carolina) increased her vertical jump 5.5" in '04-'05.
- Kelsey Ellis (M1 171) increased her vertical 5" in '04-'05
- Kelsey Brandl (M1 161) increased her approach jump to 120" in '05-'06

**June 12th—September 1st**

**Run Faster—Jump Higher—Play Stronger**

- 2x a week (20 sessions).....\$300 (Maximum of 10 athletes per group)
  - Sessions are 1 hour
  - Monday—Thursday 4-8pm @ Minnetonka Location
  - Monday—Thursday 10am-2pm & 4-8pm @ Eagan Location
  - Monday—Thursday 10am-2pm & 4-8pm @ Eden Prairie Location
- \*Package includes 10 weeks of training to complete in 12 weeks.

**Call for team  
pricing!**

**952-476-5961**

"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

Name: \_\_\_\_\_ Email: \_\_\_\_\_

Address: \_\_\_\_\_ City: \_\_\_\_\_ Zip: \_\_\_\_\_

Phone (H) \_\_\_\_\_ Age: \_\_\_\_\_ Grade (Fall '06) \_\_\_\_\_

Preferred Days: \_\_\_\_\_ Preferred Times: \_\_\_\_\_ Location: \_\_\_\_\_

For more information check out [www.m1volleyball.org](http://www.m1volleyball.org) or [www.edgesportstraining.com](http://www.edgesportstraining.com)

Make checks payable to The Edge Remit to: "M1/Edge Summer Strength Program" 121 Cheshire Lane #400 Minnetonka, MN 55305