



presents

Volleyball Power Hitting Clinic

with **Nick Cheronis**, former and long-time Associate Head Coach, University of Florida
and introducing the

Power-Core 360 Volleyball Power Hitting System

Saturday, September 18th, 9-11 AM

Triangle Volleyball Club

Attackers ages 13-18 years old

Cost: \$99 per athlete [To register visit Triangle's website, www.trianglevolleyball.org]

In this fast-paced 2-hour clinic, volleyball players will rapidly learn how to *hit harder*, while reducing the risk for injury to their hitting shoulder.

Performance Objectives

Participants will use the remarkable *Power-Core 360 Volleyball Power Hitting System* to rapidly improve their body's ability to perform the *correct* movements of the overhand volleyball swing to hit harder. Participants will learn how to immediately:

- activate the "big" muscles of the "core" to develop the correct mechanical hitting sequence of the pelvis, shoulders and arm turn...
- increase body turn speed to generate more arm speed and power to hit harder...
- reduce the stress on the hitting shoulder and arm by learning to hit with the powerful muscles of the hips, pelvis, core (abs), upper-body (spine, shoulders, shoulder blades, chest, arm, etc...)
- learn fast based on "FEEL"

learn to *Crush It* - On-the-Ground then In-the-air!

www.powercore360.com