

# SANDBOX

VOLLEYBALL CLUB



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## ON-SAND STRENGTH, CONDITIONING, SPEED, AND AGILITY TRAINING

SandBox Beach Volleyball Club is proud to bring back the staff of Athletic Performance Training Center for another Summer of volleyball specific, on-the-sand strength, conditioning, speed, and agility training. **EXCLUSIVELY at SandBox Volleyball Club for Summer 2022!**

[Check out APTC at www.aptcstrength.com](http://www.aptcstrength.com)

### THE APTC PROGRAM INCLUDES . . .

☀ Each speed and agility training session will feature exercises and workouts designed specifically for our SandBox athletes by the certified training staff at APTC.

☀ Each strength and conditioning session will make athletes stronger while also providing protection from common causes of injuries.

☀ All sessions right on the sand at The SandBox

#### To register:

- (1) Go to [www.sandboxvb.com](http://www.sandboxvb.com)
- (2) Click "On-Sand APTC" button
- (3) Complete registration through [Picklejuice.com!](http://Picklejuice.com!)

**ALL-IN-ONE PROGRAM** (Strength & Conditioning AND Speed & Agility)  
**16 total training sessions over eight weeks!**

**Cost: \$180 for the entire program**

**Days: Tuesdays and Thursdays**

**Time: 12:00pm-1:55pm**

**Runs June 7 through July 28**

**NOTE: Program registrants will also receive discounts on future APTC training courses and individual personal training**

#### For more information, contact:

**Director Jonathan Tsilimos**

**Phone: 440-781-3968**

**Email: [sandboxvb@gmail.com](mailto:sandboxvb@gmail.com)**