



Audubon Volleyball Conditioning Practices

AVA will have conditioning practices starting January 5th and run through February 19th.

This will be a free service to all AVA travel team players.

Practices will be as follows:

Tuesday's	5:00-6:00 p.m.	14 and under
	6:00-7:00 p.m.	15 and 16
	7:00-8:00 p.m.	17 and 18
Saturday's	10:00-11:00 a.m.	14 and under
	11:00-12:00 p.m.	15 and 16
	12:00-1:00 p.m.	17 and 18

The focus will be plyometrics, core, speed and agility.

Coach Forbes will run all sessions.