



Athletic Republic – Madison

SoloSpike Hitters Club Program

Multiple training levels make the Athletic Republic Madison “SoloSpike Hitters Club” appropriate for all ages and skill levels. Athletes will train in a small group environment under the direction of a Certified SoloSpike Instructor and an Athletic Republic Strength Trainer. Pre-designed programs range from 2 day camps to 8 week programs that can accommodate anywhere from 1 to 8 athletes per one hour session. The program focus is on hitting biomechanics, game speed, endurance and injury prevention. Pre/Post testing, digital video analysis and player evaluations are completed for each athlete. With years of proven results and continual research, SoloSpike and Athletic Republic Madison are changing the way to develop mechanically sound, fundamentally driven, peak conditioned volleyball athletes.

- Increase Attack Height up to 10 Inches
- Maximize Hitting Endurance
- Develop Game Speed Hitting Power
- Video Captures
- Player Evaluation

Featuring:



*Anyone considering the program is invited to call and set up a **Free, One Hour Player Hitting Analysis.** Contact **Amanda Riek**, your certified SoloSpike instructor, at **(414) 731-4661** to schedule an **assessment time.** Amanda is the Director of Volleyball for Athletic Republic and has numerous years of experience both as a player and as a coach.*

Our Three Most Popular Pre-Designed Programs:

8 Week Hitters Club Program

- 1 one hour initial hitting analysis using Dartfish technology (first day)
- 2 one hour sessions/week of increasing intensity
- 1 one hour progression analysis using Dartfish technology (includes free DVD)
- Adds 8-10 inches to your attack height
- Cost: \$300/athlete (group rates available)

*****The 8 week summer session starts June 21!!**

4 Day Hitters Club Camp

- 1 one hour initial hitting analysis using Dartfish technology (first day)
- 1 one hour session/day for 3 days
- Adds 3-6 inches to your attack height
- Cost: \$60/athlete (group rates available)

2 Day Hitters Club Camp

- 1 one hour initial hitting analysis using Dartfish technology (first day)
- 1 three hour hitting camp (second day)
- Adds 2-4 inches to your attack height
- Cost: \$60/athlete

*****Call to create programs that accommodate YOU*****

Each session will focus on:

- Hitting Fundamentals
 - ✓ Footwork
 - ✓ Arm Swing
 - ✓ Approach
 - ✓ Transitioning
- Body Mechanics
 - ✓ Maximize Movement Efficiency
 - ✓ Minimize risk of injury
- Strength Training
 - ✓ Volleyball Specific Strength
- Speed and Agility
 - ✓ Lateral Movement
- Explosion and Acceleration