



## SPORTS MEDICINE

**Personal Best Injury Prevention Programs Presents:**

### **NEW WAVE VOLLEYBALL AGILITY/SPEED/POWER PROGRAM**

Children's Sports Medicine combines injury prevention with the latest techniques to enhance the physical skills of the volleyball player. We will focus on strength, power, agility and speed as well as good core strength and functional body control.

This class is designed for the NEW WAVE Volleyball Club.

Dates: Tuesdays/Thursdays – February 5<sup>th</sup> – March 13<sup>th</sup>  
Time: 5:00 -6:00pm  
Location: Nationwide Children's Sports Medicine Center  
Performance Arena  
584 County Line Rd. West  
Westerville, OH 43082  
(614) 355-6013  
Cost: \$75.00  
Register: Online at [www.nationwidechildrens.org/sportsmedicine](http://www.nationwidechildrens.org/sportsmedicine)  
Personal Best Injury Prevention Programs

