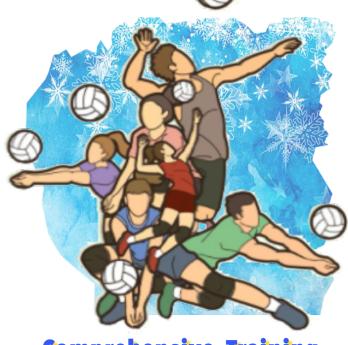


2024

More than 400 Camps and Clinics Conducted Over 20 Years



## Comprehensive Training Methodology produces

# **Accelerated Development**

#### Fundamental, Positions, Repetition, & Game Play

- Individual and Team Training
- Professional Assessment
- Sports Psychology
- Conditioning
- Fast-Paced Atmosphere
- Emersion Environment

Specialized intense training improves agility, speed, and vertical jump

#### **PROGRAM EXCLUSIVE!**

#### **Each Player Receives:**

- A handout with individual drills and <u>exercises to practice at home</u>.
- A <u>written evaluation</u> on skill, position suggestions, attitude, and progress.

#### Experienced, Well-Respected Coaches Experts in Conducting NLA Drills

ALL INSTRUCTION AND COACHING MANAGED

**BY BONNIE BREMNER-PETTIGREW** Four-time Penn State Academic All American and 3-Year Pro Player

# GET READY FOR CLUB VOLLEYBALL CLINICS

JAN 7<sup>TH</sup> - FOR 16<sup>TH</sup> SIGN UP FOR SIX OR MORE CLASSES

FLEXIBLE MAKE-UP SCHEDULES AVAILABLE

#### JUNIOR HIGH (5<sup>th</sup> - 8<sup>th</sup>)

Sundays	4 - 5:30 pm	3
Tuesdays	7 - 8:30 pm	1
Fridays	6 - 7:30 pm	2

#### ADVANCED (High School)

Sundays	10 - 11:30 am	3
Tuesdays	7 - 8:30 pm	1
Fridays	7 - 8:30 pm	2

### PRIVATE LESSONS Limted on Weekends







NEW LOCATIONS

- 2 Good Samaritan Health & Wellness 3551 Highland Ave., Downers Drove
- 3 Edwards-Elmhurst Health & Fitness Seven Bridges, 6600 Hwy 53, Woodridge

Questions? Call Bonnie at 630-330-7785 or info@nextlevelathletesinc.com