

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.