



*“Widely recognized prominence, distinction, or importance”  
American Heritage Dictionary*

*The Mission of Prestige VB is to provide a high level of volleyball instruction in a positive, constructive environment.*

*Our objective is to train players both male and female through individual sessions, clinics and programs that will accelerate their learning and vastly improve individual performance through a team environment.*

*We are committed to providing an environment conducive to teamwork, player development, and an enjoyable experience. We strive to build character and produce responsible players who leave our program having a positive impact on each team they encounter. Prestige offers activities for both girls and boys.*

**V.A.S.S.T.  
(Volleyball Agility, Speed and Strength Training)**

Prestige Volleyball Club is holding conditioning clinics every Wednesday for girls and boys of all ages to focus on speed, agility, and strength training.

**Location:** CUMC- Christ United Methodist Church

**Date:** Every Wednesday starting January 9, 2008

**Time:** 7:30-8:30

**Cost:** 4 session package: \$40 Individual Session: \$15

**Register: [Kristin@prestigevolleyball.com](mailto:Kristin@prestigevolleyball.com)**