

# ARC Performance VOLLEYBALL



## OUR PROGRAM

1. ARC Performance programs are designed to address volleyball specific needs.
2. All athletes receive a comprehensive ARC Athletic Profile. This comprehensive functional assessment is utilized to identify weak links in the kinetic chain and develop individualized training and conditioning programs to address these areas of deficiency.
3. ARC's Elite Performance Staff are all licensed physical therapists and/or athletic trainers.
4. In addition to working with area athletes, our performance staff has also worked with athletes from NCAA, MLB, NFL, NBA, MLS, NHL, AFL, CBA and European Soccer.



5. All ARC workouts are individually tailored based on the age, ability, sport and position of the athlete.
6. Volleyball specific testing is used to provide feedback comparing the athletes' capabilities and improvement between first and last sessions.
7. Cutting edge – innovative techniques designed to impact general athletic performance, such as agility, speed, strength, power, first step, reaction, etc.
8. Volleyball specific, position specific strengthening exercises aimed at supplementing and enhancing athletes' school programs through dynamic core development and innovative strength exercises.

## RESULTS

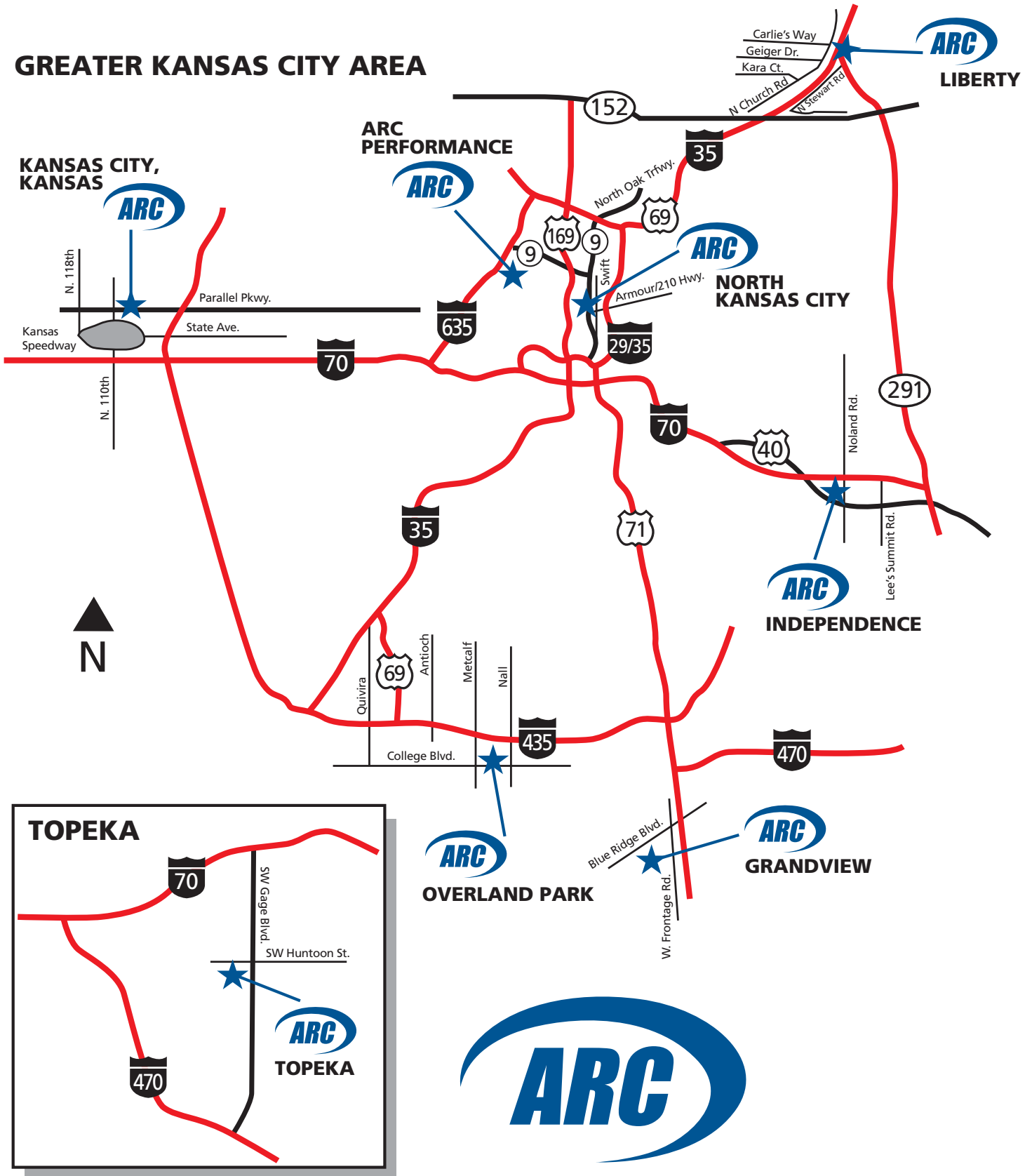
- **Increase in upper body strength and shoulder stability**
- **Improved confidence**
- **Improved overall performance** – “I highly recommend ARC for volleyball training. The results were beyond our expectations and the improvement to my daughter’s game, endurance and reaction times made the difference this season. The personal attention to individual needs and safe progressive training curriculum set them apart from other programs.”  
*Wayne Blair – Director, Queen Of The Court Sports*
- **Injury free playing all year around** – “Both of our daughters worked with Doug all through high school and both received scholarships to play Division I collegiate sports. One in Volleyball and one in Soccer. The scholarships saved us a lot of money in tuition fees which more than off-set the cost of the program. But more importantly both of them were injury free through high school and at college.” *Ginny Ayer – ARC Performance Parent*
- **Improved volleyball skills** – “ARC is a great place to go if you want to be pushed to your limit and improve your overall performance. For me ARC has been a wonderful experience and has improved my Volleyball skills. Ryan and Jen were really great to work with!” *Katie Damgar – Liberty High School*

ARC PERFORMANCE | LEVO Gym | 700 Argosy Parkway, Riverside, MO 64150 | 816.505.4408

OVERLAND PARK | 6362 College Blvd Overland Park, KS 66211 | 913.754.0888

Visit Our Website at [www.arckc.com](http://www.arckc.com)

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