

Personalized coaching

What is Personalized coaching? It is small group and one on one coaching, done by the staff at Viterbo University.

Mission: Our mission is to give the athlete who wants to get more instruction and intense volleyball work to allow them to reach their goals. These lessons are set up to get the max number of reps, individualized for the athlete or small group, and are set up to show progress over the course of the lessons. We want you to become the best player you can become and reach whatever goals you have for your volleyball dreams!

Why get personalized coaching?

- It gives you the opportunity to become the best player you can be
- Experienced, dedicated coaching staff
- Variety of training tools used such as Solo Spike, Dartfish video analysis equipment, regular video, vertical equipment
- Plan sessions to cover your specialized needs
- Injury prevention and strength training opportunities
- Parents are welcomed to watch and ask questions

Individual lessons: one-on-one training

- Cost is \$35 for a 75 minute session
- V-Hawk Value Price- 10-75 min sessions for \$300

Group lessons: 2- 6 athletes per session

- Cost is \$25 per player

Who are instructors: Coach Ryan DeLong will be the head instructor working the lessons, with his staff also being involved when needed.

To set up individual or group lessons, please contact Coach DeLong at rpdelong@viterbo.edu or call at 608-796-3823, time is limited, so this will be first come first serve basis.

BECOME THE BEST PLAYER YOU CAN BECOME