

Club Volleyball Speed-Agility & Vertical Jump Training

30 minute sessions Monday- Thursday
Register Online Today!
www.CourtOneAZ.com



The training sessions will include, Vertical Jump, Speed & Agility Training. If you are serious about increasing your vertical jump and speedThis is the training for you!!!

**Train With
A
Champion**

Breanna Leslie
Court One Athletics
Sports Performance - Senior Lead Trainer

Breanna Leslie is a certified trainer with the National Academy of Sports Medicine (NASM), with over 10 years of experience working in a variety of sports and with a diverse group of athletes. She graduated from Azusa Pacific University (APU), where she obtained her BS degree in exercise science. While attending APU, Breanna competed in track and field. Breanna's storied collegiate career was full of National and All-American honors. While competing in college, Breanna Leslie was a 21-time All-American from 2010-2013 and holds the Azusa Pacific University school records in the 60m hurdles, pentathlon, and the heptathlon. She finished her collegiate career as an 8-time National Champion in the Pentathlon, Distance Medley Relay, 60m Hurdles, Heptathlon, High Jump, and 100m high hurdles. After graduating she went on to earn a professional track & field contract, and competed professionally all over the world for Team ASICS in the heptathlon. Breanna has qualified for three USA National teams in 3 years. Leslie competed at the professional level from 2013 to 2016. During her professional career Leslie also qualified for five USA Track & Field Championships including the Olympic trials in 2016.

Training classes and Schedule Please Contact –
Breanna Leslie 626.644.2969
Or Text Mitch Brown 602.403.7373

Volleyball Season Training

42 sessions - December 2nd thru May 8th

Price includes - Two - 30 minute training sessions per week
Mon/Wed – 3:30-4pm, 4-4:30pm, 4:30-5pm, 5-5:30pm,
6:30-7pm, 7-7:30pm 7:30-8:00pm.

Tue/Thur - 4-4:30pm, 4:30-5pm, 5-5:30pm, 5:30-6pm,
7:45-8:15pm.

(No training sessions the week of December 23rd)

(No training sessions the week of December 30th)

(Makeup sessions May 12th thru May 22nd)

One Time Payment \$336.00 (Only \$8 per session)
(42 sessions – Dec 2nd thru May 8th)

Online Registration

www.courtoneaz.com

Contact - Bre Leslie 480.826.3594

Mitch Brown 602.403.7373

info@courtoneaz.com

Court One Athletics – 9100 S. McKemy St., Tempe, AZ 85284