

# Club Volleyball Speed-Agility & Vertical Jump Training

30 minute sessions Monday- Thursday  
Register Online Today!  
[www.CourtOneAZ.com](http://www.CourtOneAZ.com)



The training sessions will include, Vertical Jump, and Speed/Agility Training. If you are serious about increasing your vertical jump and speed .....This 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

40 sessions - December 2<sup>nd</sup> thru May 7<sup>th</sup>

Price includes - Two - 30 minutes training sessions per week  
**Mon/Wed** – 3:20-3:50pm, 4-4:30pm, 4:30-5pm, 5-5:30pm,  
5:40-6:10pm, 6:15-6:45pm, 7:40-8:10pm.

**Tue/Thur** - 3:20-3:50pm, 3:50-4:20pm, 4:30-5pm, 5-5:30pm,  
5:30-6pm, 7:40-8:10pm.

(No training sessions the week of December 21<sup>st</sup>)

(No training sessions the week of December 28<sup>th</sup>)

(Makeup sessions May 10<sup>th</sup> thru May 21<sup>st</sup>)

**One Time Payment \$240.00** (Only \$6 per session)  
(40 sessions - December 2<sup>nd</sup> thru May 7<sup>th</sup>)

**Online Registration**

**[www.courtoneaz.com](http://www.courtoneaz.com)**

or

**Contact Mitch Brown**

**602.403.7373 [mitch.brown@q.com](mailto:mitch.brown@q.com)**

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