

MEANWHILE... AS WINTER MAYBE FINALLY LEAVES WISCONSIN,

LET'S START THINKING ABOUT GETTING OUTSIDE!!!

8¢
EPS



**TRAINING IN THE SAND
IMPROVES YOUR
INDOOR GAME....**

**FROM VERTICAL TO
REACTION TIME**

IT WILL PUSH YOU TO DEVELOP YOUR WEAKER SKILLS BECAUSE...

YOU'RE COVERING MORE OF THE COURT ON DEFENSE AND SERVE RECEIVE.

YOU'LL LEARN HOW TO READ THE HITTER & CONTROL THE BALL

MOVING IN THE SAND IS HARD, IT WILL MAKE YOU FASTER, STRONGER AND MORE FIT!!! PARENTS JOIN IN!

PLAY IN THE SAND!

VISIT BADGERREGION.ORG FOR INFO ON SAND CAMPS, CLINICS AND TOURNAMENTS

TRAINING IN THE SAND HELPS YOU TO DEVELOP A STRONGER JUMP AND GET QUICKER ON DEFENSE!

WIN WIN!!



BROUGHT TO YOU BY:

Frisco MO

BADGER
REGION VOLLEYBALL

NOISE FOR THE BOYS!

IT'S A BEACH DAY!

