



# High Line VBC

## Private Training

### Why select Highline Volleyball Club for Private VB Training?

- Opportunity to work with expert coaching in a number of different skills and positions as well as a Certified Strength and Conditioning Coach
- Gain coaching experience from different instructors who specialize in the skill being taught
- High-tech equipment used to provide a high number of reps in a short amount of time for particular skill training
- Receive individual attention and focus on individual skills

### Specifics

- **When?** **Saturday afternoon and evening** – Lesson times will be specifically assigned
- **Who?** 14's through 18's Boys and Girls
- **What?** Private Training with highly experienced coaches – no more than 5 players per coach/per lesson. Lessons will be one hour in duration.
- **Where?** LBCC Small Gym

### Cost

- \$50 for (1) one-hour session
- \$200 for a (5) one-hour session package ("5 pack")
- Group pricing for semi-private lessons: 4 or 5 players = \$30 each; 3 players = \$35 each; 2 players = \$40 each

### Details

- Maximum of 15 athletes per one-hour session
  - 3 courts, 3 coaches, and no more than 5 players per court
- Contact coaches for specific training or general inquiry
- We will attempt to keep athletes together by their age, position, and ability level.

### Sign up How-To's

- Parents or players will e-mail the coach for their skill set (see below) with "**High Line Private Training**" in the subject line. In this e-mail please list the following information:
  - 1) Name of athlete
  - 2) Athletes contact information (Phone Number & E-mail)
  - 3) Age of athlete
  - 4) Position
  - 5) Team the athlete is on
  - 6) The number of lessons they want to sign up for
  - 7) The possible date(s) and times the athlete can do their lesson(s)
    - a. A return email will be sent to the athlete or parent to let them know the dates and times of the player's lesson
  - 8) What the athlete would like to focus on in each session
    - a. For example – Passing, Hitting, Setting, Blocking, Serving, Defense, Weight Training, etc.
- Lessons are scheduled based on gym availability and other scheduled events
- If a scheduled lesson needs to be cancelled, a call to the coach must be made a minimum of 24 hours in advance to avoid being charged for the lesson.

### Private Training Coaching Staff

- Randy Totorp – Middle Blockers – [rtotorp@lbcc.edu](mailto:rtotorp@lbcc.edu) – (562) 843-9381
- Trevor Johnson – All Skills and Strength/Weight Training – [trevormjohnson4@gmail.com](mailto:trevormjohnson4@gmail.com) – (562) 544-3080
- Matt Silva – All Skills – [matt\\_silva@live.com](mailto:matt_silva@live.com) – (562) 843-3355
- Jon Charette – Blocking/All Skills – [jon\\_charette84@yahoo.com](mailto:jon_charette84@yahoo.com) – (714) 745-1159