

MOUNTAINEERS ACADEMY

BOYS VOLLEYBALL



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AGES 13-17

1 HOUR **STRENGTH AND
CONDITIONING** AND 1 HOUR OF
SPORT SKILL DEVELOPMENT

MONDAY'S 6-8PM
PROGRAM 1: **MAY 4 - JUNE 15**
PROGRAM 2: **JUNE 22 - JULY 27**

25 ATHLETES PER PROGRAM
\$250 PER ATHLETE

**LOCATED AT MOHAWK
COLLEGE DBARC**
135 FENNELL AVE W,
HAMILTON, ONTARIO

INQUIRIES
LIAM.SUTHERLAND@
MOHAWKCOLLEGE.CA



SCAN TO REGISTER