



ARCHITECH SPORTS - CJV TRAINING PROGRAM

ARCHITECH SPORTS PERFORMANCE & CJV VOLLEYBALL

Architech Sports is proud to partner with CJV to offer their athletes high quality sports performance training to supplement and enhance what they are doing on the court.

This program will be a remote program using the TeamBuildr App and will consist of strength/power workouts, injury prevention and prehab exercises, stretching, and recovery workouts as well as proper warm up and cool down techniques.

We will also post helpful resources on Nutrition, Mental Game prep, hydration, etc... Players and coaches will also have the ability to message the Trainers through the app to ask for specific modifications or progressions of exercises.

Architech Trainers will come in person every 4 weeks to update the program and make sure everyone is on track as well as monitor form, technique and answer any questions.

12 week Program will have three, 4 week progressions that will build on each other.
8 week program will have two 4 week progressions that will build on each other.

PROGRAM OPTIONS:

- **12 Week Program (January - March)** Cost: \$300/Person
- **8 Week Program (January - February)** Cost: \$240/Person

***All registration will be handled through Architech Sports**

To register, contact:

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