



# Strength & Conditioning Program presented by Sharpen Skills Training:

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Sharpen Skills Training provides sport specific workouts to teams & individuals to help them get faster and stronger. Our trainers are certified in strength & conditioning through the NSCA and have taught a variety of classes in weightlifting, speed, functional training, and more. They have degrees in exercise science and sports performance with hundreds of hours of experience overseeing training programs at all fitness levels.

Sharpen Skills Training has partnered with Cleveland Wave Volleyball Club to create well-rounded volleyball players.

American, Elite, & National players of all ages are invited and encouraged to participate in conditioning all season long



978 Pearl Rd Suite 203 Brunswick, OH 44212

SHARPENSKILLSTRAINING.COM



(330) 275-3540



# Mental Performance Clinics presented by Sharpen Skills Training:

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Sharpen Skills Training provides athletes with access to Mental Performance Coaching that helps them understand how their mind influences performance and how to apply mental strategies to help perform their best in competition. It also helps athletes improve practice efficiency and focus. Learning these skills will also help athletes feel confident in other areas of their life. Athletes will be encouraged to transfer skills learned in Mental Performance Coaching sessions to the classroom, relationships, and other areas of their life where the skills are applicable. Building a well rounded athlete outside of the practice and competition field is a large focus of the program.

Sharpen Skills Training has partnered with Cleveland Wave Volleyball Club to create well-rounded volleyball players.

Players who are **13 and older** are invited & encouraged to participate in our **Mental Performance Clinics** held throughout the season



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## **In Season Physical Training**

Sharpen Skills Training is offering Cleveland Wave Volleyball Players strength & conditioning workouts to keep them strong and healthy throughout the season. All players are invited to attend up to 2 training sessions per week. Times will be offered throughout the week and weekend with size limits. It is asked that players sign up for class in advance.

**ALL Players are welcome to join any P.A.S.S (Plyometrics, Agility, Strength, Stretch) Class.**

**Players 13-17 can attend any Cleveland Wave Specific Class (P.A.S.S. or Strength & Conditioning)**

### **[SIGN UP FOR CLASSES HERE:](#)**

#### P.A.S.S. Class

A class for any athlete. The trainers focus on drills that will improve endurance, speed, coordination, and form. Athletes will become more explosive with the use of plyometric exercises. Agility drills will use equipment such as the speed ladder, hurdles, cones, and more. Athletes will also be introduced to some strength training through body weight and band exercises (i.e. push ups, squats, lunges, etc.). Each class will end with stretching to allow for proper recovery.

#### Strength & Conditioning

A structured program for athletes 13 and up. Training sessions that are primarily power and strength driven. Athletes use equipment such as barbells, squat racks, dumbbells, resistance bands, kettlebells, and more. The trainers will focus on form over the amount of weight the athlete can lift. All athletes progress will be recorded.

\*\*Training Classes can be attended before or after practice, as well as non-practice days. Please understand, some weeks, athletes may not be able to attend the class they prefer due to practices and tournaments of other athletes in the club. If an athlete wants to continue their training but cannot attend a Cleveland Wave Specific Training Class, they can ALWAYS attend any other Sharpen Skills Training class offered.\*\*

### **[COMPLETE LIABILITY WAIVER HERE](#)**



## In Season Physical Training Schedule

[COMPLETE WAVIER HERE](#)

### **Mondays**

5pm-6pm PASS

7:30pm-8:30pm Strength & Conditioning

### **Tuesdays**

5pm-6pm Strength & Conditioning

7:30pm-8:30pm Strength & Conditioning

### **Wednesdays**

5pm-6pm PASS

6pm-7pm Strength & Conditioning

7:30pm-8:30pm Strength & Conditioning

### **Thursdays**

5pm-6pm Strength & Conditioning

7:30pm-8:30pm Strength & Conditioning

### **Fridays**

4pm-5pm PASS

5pm-6pm PASS

### **Saturdays**

9am-10am Strength & Conditioning

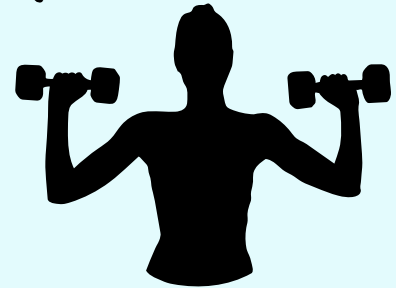
10am-11am Strength & Conditioning

### **Sundays**

9am-10am PASS

10am-11am Strength & Conditioning

11am-12pm PASS



\*\*Training Classes can be attended before or after practice, as well as non-practice days. Please understand, some weeks, athletes may not be able to attend the class they prefer due to practices and tournaments of other athletes in the club. If an athlete wants to continue their training but cannot attend a Cleveland Wave Specific Training Class, they can ALWAYS attend any other Sharpen Skills Training class offered.\*\*



# PURCHASING INSTRUCTIONS

Login/ Create a Vagaro account from: <https://www.vagaro.com/sharpenskillstraining1/memberships>  
Choose the training membership you would like to purchase.

## Sharpen Skills Training

Your Shopping Cart

Bronze Athletic Training Membership Package \$40.00

VISITS: 4 [Remove](#)

This package will renew every 4 weeks, starting on Dec 01, 2022.

This package can be used by up to 1 Family & Friends with the following relationship types:  
Parent, Child (Age: 8-18)

Share with Family & Friends

Subtotal (2 items) \$115.00

[Proceed to Checkout](#)

[Keep Shopping](#)

Silver Athletic Training Membership Package \$75.00

VISITS: 8 [Remove](#)

This package will renew every 4 weeks, starting on Dec 01, 2022.

This package can be used by up to 1 Family & Friends with the following relationship types:  
Parent, Child (Age: 8-18)

Share with Family & Friends

Check the box labeled "Share with Family and Friends"

## Sharpen Skills Training

Your Shopping Cart

Bronze Athletic Training Membership Package \$40.00

VISITS: 4 [Remove](#)

This package will renew every 4 weeks, starting on Dec 01, 2022.

This package can be used by up to 1 Family & Friends with the following relationship types:  
Parent, Child (Age: 8-18)

Share with Family & Friends

Select up to 1 Family & Friends to share this package with:

[Andrea Perney](#) [Aricka Perney](#)

[Add Family & Friends](#)

Silver Athletic Training Membership Package \$75.00

VISITS: 8 [Remove](#)

This package will renew every 4 weeks, starting on Dec 01, 2022.

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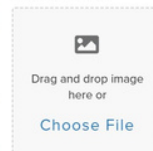
[Add Family & Friends](#)

## Family & Friends Sharing

Relationship to Alexis Perney:

[Parent](#) [Spouse](#) [Child](#) [Sibling](#) [Pet](#) [Friend](#)

Profile Photo:

  
Drag and drop image here or  
[Choose File](#)

First Name:

Last Name:

Gender:

Birth Date:

Email (Optional):

Primary Phone (Optional):

Allow This Person to Book for Alexis Perney

Allow this person to book, receive appointment notifications, and view and pay for Alexis Perney's appointments.

View This Person's Appointments

You will choose which Family Member you wish to share the membership with. This way the membership is on their account. You will either need to 'Add Family & Friends' or Choose an existing Family/Friend Member already linked with your account.

From there you can "Proceed to Checkout" and put in the promo code: **CLEWAVE** then put in your credit card information.

Please let Alexis (alexisp@sharpenskillstraining.com) know if you have any questions or concerns.

# SCHEDULING INSTRUCTIONS

Login/ Create a Vagaro account from: <https://www.vagaro.com/sharpenskillstraining1/classes>

Click on the drop down "Any Class" and choose which Cleveland Wave class you are looking to schedule for

The screenshot shows the Vagaro website interface for 'Sharpen Skills Training' in Brunswick, OH. At the top, there is a search bar with 'Brunswick, OH, United States' and navigation links for 'List Your Business', 'Daily Deals', 'Professionals', 'Gallery', and 'Calendar'. The main header includes the business logo, name, location, and a 'Book Now' button. Below this is a navigation menu with 'About', 'Staff', 'Services', 'Classes', and 'Memberships & Packages'. A calendar view for 'This Week' shows dates from August 20-26 to October 1-7. A dropdown menu for 'Any Class' is open, showing 'Cleveland Wave Strength & Conditioning' and 'Cleveland Wave PASS' as options. To the right, a table lists classes with columns for 'Instructor', 'Class', and 'Sign Up' buttons. The first row shows 'Conditioning' by Alexis P. with a 'Sign Up' button. The second row shows 'Strength &' by Ian S. with a 'Sign Up' button. The third row shows 'Speed & Agility' by Ian S. with a 'Sign Up' button. A '13 SPOTS LEFT' indicator is visible under the time slot for the first class.

Once you find the class you would like to book, click the sign up button next to that class. You will see how many spots are left in the class under the time of the class

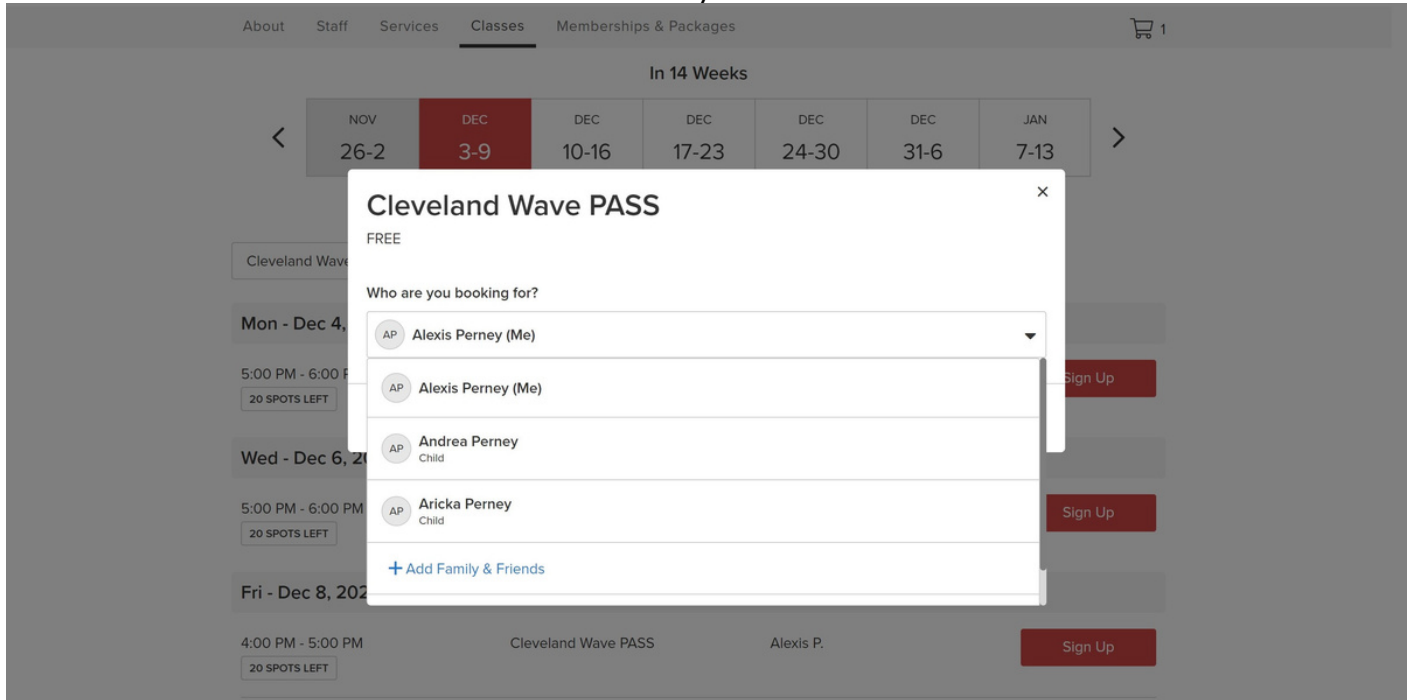
This screenshot shows a detailed view of the 'Cleveland Wave PASS' class schedule. At the top, there is a calendar view for 'This Week' with dates from November 26-2 to January 7-13. Below the calendar, there are dropdown menus for 'Cleveland Wave PASS' and 'Any Instructor'. The main content is a table with columns for 'Date', 'Class', and 'Instructor'. The first row is for 'Mon - Dec 4, 2023' with a 'Class' of 'Cleveland Wave PASS' and an 'Instructor' of 'Alexis P.'. The time slot is '5:00 PM - 6:00 PM' and there are '20 SPOTS LEFT'. A red 'Sign Up' button is circled in black. The second row is for 'Wed - Dec 6, 2023' with the same class and instructor, time slot '5:00 PM - 6:00 PM', and '20 SPOTS LEFT'. The third row is for 'Fri - Dec 8, 2023' with the same class and instructor, time slot '4:00 PM - 5:00 PM', and '20 SPOTS LEFT'.

Please let Alexis (alexisp@sharpenskillstraining.com) know if you have any questions or concerns.

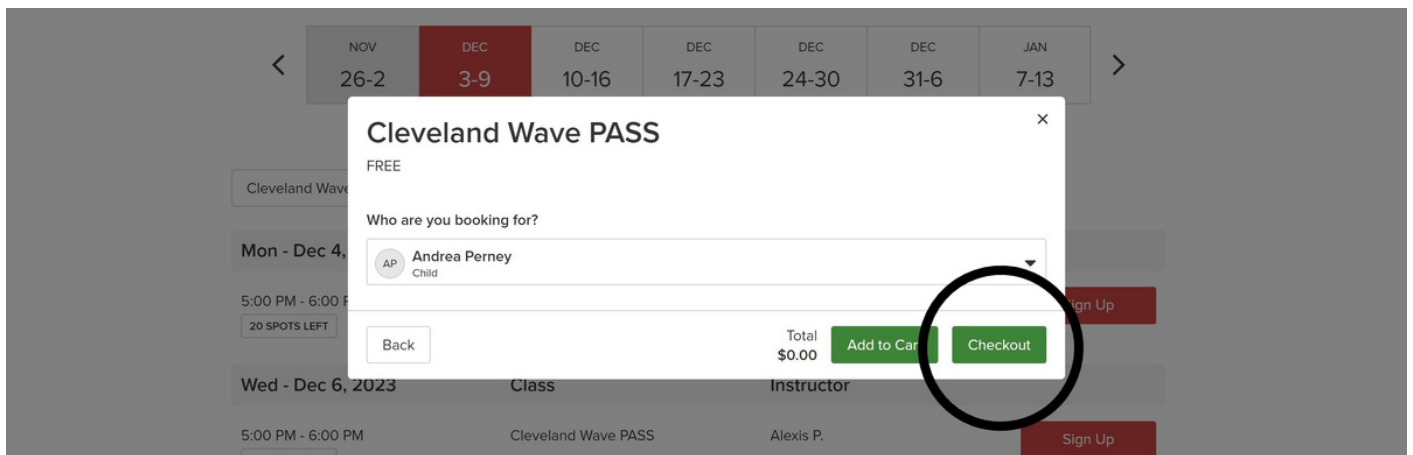


# SCHEDULING INSTRUCTIONS

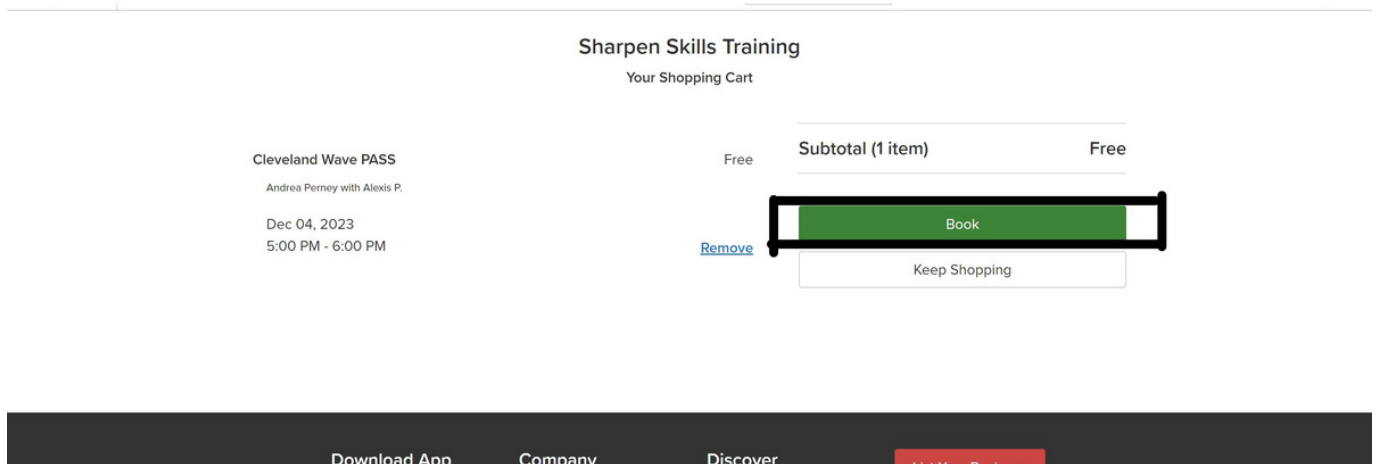
Choose the person that will be attending the class, if they are not listed, you can "Add Family & Friends"



Click Checkout once the athlete is chosen



CLICK BOOK to successfully schedule the class. **BE SURE TO COMPLETE THE WAIVER**



Please let Alexis (alexisp@sharpenkillstraining.com) know if you have any questions or concerns.