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# Core Training for Preseason High School Volleyball

Empire Volleyball in collaboration with Santa Rosa Orthopaedics and Rehabilitation is hosting an eight-session training program designed for preseason volleyball players. This program will include SportsMetrics jump training techniques as well as core conditioning designed to improve shoulder/scapular stability, abdominal, hip, and back strength. The goal is to provide a course of performance related cross training techniques in preparation for the high school volleyball season. This program has limited enrollment for female athletes. SportsMetrics training is effective in injury prevention and increase muscle power that is related to sports performance.

Dates: July 15<sup>th</sup> – August 7<sup>th</sup>  
Days: Tuesday and Thursday evenings  
Times: 6:00 – 7:00 PM  
Location: Sonoma State University Gymnasium Weight Room  
Instructor: Tom Sather Ph.D., PT Tel: (707) 546-5404  
Cost: \$100.00 (Make Checks payable to Empire Volleyball Club 707-664-2656)

If you have additional question contact:  
Tom Sather Ph.D., PT at: [sather\\_t@yahoo.com](mailto:sather_t@yahoo.com)

**SANTA ROSA ORTHOPAEDICS**  
SPORTS MEDICINE • REHABILITATION  
131 B Stony Circle Suite 2000, Santa Rosa, CA 95405  
Ph: 707 522-5404 Fax: 707 569-8620

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Instructions: Mail the completed registration, a check made out to Empire Volleyball Club for \$100.00, and the attached release form to Empire volleyball Club at P.O. Box 2929, Santa Rosa, CA 95405

Athlete's Name: \_\_\_\_\_ Home Telephone: \_\_\_\_\_

Athlete's email: \_\_\_\_\_ Parent's: email: \_\_\_\_\_

Address: \_\_\_\_\_

City: \_\_\_\_\_ CA, Zip: \_\_\_\_\_ Cell Phone #: \_\_\_\_\_

School: \_\_\_\_\_ Age: \_\_\_\_\_ Check Number: \_\_\_\_\_