

# Change the Way YOU Train

This **S.M.A.R.T.** (Specific, Measurable, Attainable, Realistic, Time bound) training format provides a Motivating, Unconditionally Positive Environment!

This summer program will put you in the best shape to be ready for Fall Season. Our small group training **GUARANTEES** personal feedback. All our clients receive individualized programs based on the results of an initial one-on-one assessment, as well as regular progress checks. From here, they're coached in a small group setting and put into an environment in which they can succeed, work hard, and have fun!

F.I.R.E. Program makes training enjoyable and in the process, you discover that you're capable of things that you'd never thought possible!

*"Robert has a no non-sense approach to his training sessions delivered in a positive style."*

-W. Harris  
Irving, Texas

# Testimony

"I came from Boswell High School where I was one of the strongest and fastest and went on to Texas Christian University where I started out as one of the weakest. I hated it. I asked my Assistant Coach where I could go and he told me about Robert Brown. I always told myself I can gradually grow at my game (volleyball) but there is NO EXCUSE for lacking on your physical side. The workouts we would go through didn't only prepare me physically but mentally as well. There would be days that I walked into Robert's gym and he would blurt out the workouts for that day and I would think to myself "He is absolutely crazy"... But that's how Robert builds character. He makes you do things that seem "absolutely crazy" and then you get results. It's only for those that want to push beyond their limits.""

**Irene Hester**



**F-I-R-E**

# Summer Volleyball Strength & Conditioning Training

Tel: (972) 948-7079

Email: [Robert@rbrownsports.com](mailto:Robert@rbrownsports.com)

# Gain the Unfair Advantage Over Your Competition!

## Morning Conditioning

(6 max per group)

### Mornings

Times: 8:30 9:30 10:30

**Three Days per Week:            \$399.00**

Monday/Wednesday/Thursday

Payment Options:

1. April - \$135
2. May - \$135
3. June - \$135

## Evening Conditioning

(6 max per group)

### College Development

**May 9, 2016 – Report Date**

Times: 3:30 4:30 5:30

**Four Day per Week:            \$499.00\***

Monday/Tuesday/Thursday/Friday

Payment Options:

1. April - \$170
2. May - \$170
3. June - \$170

(4 max per time slot)

### High School/Middle School

Times: 4:00            5:00    6:00

4:30    5:30    6:30

**Two Days per Week:            \$299.00\***

Payment Options:

1. April - \$100
2. May - \$100
3. June - \$100

**Three Days per Week:            \$399.00\***

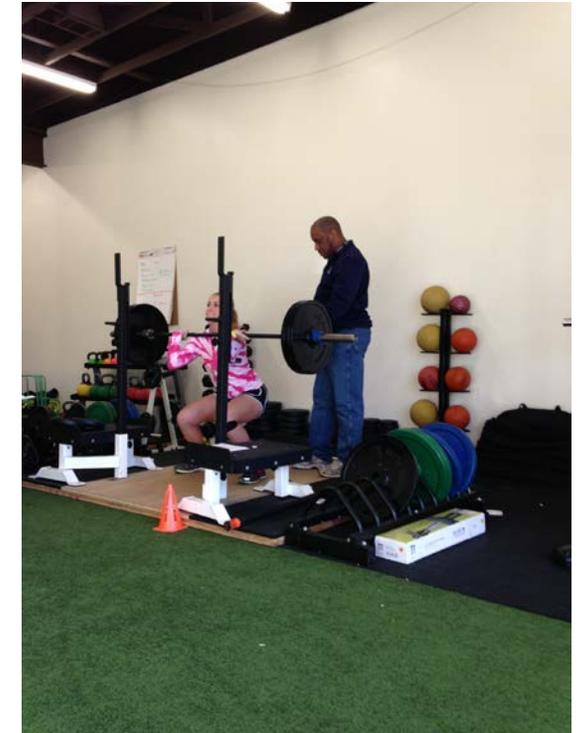
Payment Options:

4. April - \$135
5. May - \$135
6. June - \$135

**Dates: June 6<sup>th</sup>- July 29<sup>th</sup>**

***Closed July 1<sup>st</sup> - 4<sup>th</sup>***

**\*Any non-program training is a one-time  
\$35 drop in fee\***



**Spots are LIMITED!**