

ELEVATE YOUR GAME
BY JUMPING HIGHER
AND HITTING HARDER!



Coach Lexy in action at SUNY Cortland

Volleyball Combine

\$25
per player

- Sunday, May 17th, 2026
- 12pm - 1pm OR 1pm - 2pm
- Ideal for 15s, 16s, & 17s
- Volleyball specific testing: standing reach, block touch, approach touch
- Additional athletic testing including 5-10-5 agility

*Testing will use Just Jump Mat, Vertec, and Laser Timing

Small Group Training

- Up to 4 athletes per group
- Excellent coaching
- Competing with other athletes to push each other



Private Training

- Ultimate accountability
- Utmost safety
- 1-on-1 attention to specialize your training to you!



WHY S3 Performance Training?

Increasing strength and power will help you jump higher and hit harder. Eccentric and isometric training will help to bullet-proof your knees, while reducing the risk for overuse injuries.