

Future Scout Success

Offseason conditioning is vital to any athletic program. The following **tips** are steps to success:

1. Continue to work on strength by building your upper and lower body through a circuit-training program.
 2. Increase your vertical jump by working with jump boxes.
 3. Concentrate on Plyometric exercises to work on fast movements and agility.
 4. Work on volleyball skills throughout the offseason by camps, beach volleyball, open gyms or club volleyball.
- Keep in mind; the above **tips** are **optional** and **not required** of any potential **player** for Lake Forest High School. Lake Forest leaves all decisions up to the parents and players. By participating in volleyball camps, beach volleyball, open gyms or club volleyball does not **determine** or **guarantee** if the player **is selected** for the Lake Forest Team.

The following are volleyball clubs located in the area.

Adversity VBC

54 Michael Rd.

Des Plaines, IL 60016

847/604-3100

www.adversityvbc.org

Pipeline

Lake Barrington Fieldhouse

28156 W. North Pointe Pkwy

Lake Barrington, IL 60010

Phone: 224/355-7007

Contact by mail: PO Box 95631

Palatine, IL 60095-0631

pipelinevbc@gmail.com

Strength VBC

579 Oxford Lane (just off of 45)

Lindenhurst, IL 60046

800/941-0373

Rolly@StrengthVBC.com

Sky High VBC

815/356-0006

www.skyhighvolleyball.org

Chicago Bounce Volleyball Club

Buffalo Grove, IL

Phone: 847/791-1020

info@chicagobouncevolleyball.com

D1 Chicago

Schaumburg Sports Center

1141 W. Irving Park Rd.

Schaumburg, IL

847/895-7684

www.d1chicago.com

Rolling Thunder

P.O. Box 248

Lake Zurich, IL. 60047

847/540-0487

rollingthundervb@earthlink.net

Sky High VBC

815/356-0006

www.skyhighvolleyball.org

Sports Performance VBC

Great Lakes Volleyball

579 N. Oakhurst Dr.

Aurora, IL 60502

630/898-6400

www.greatlakescenter.com