



A.

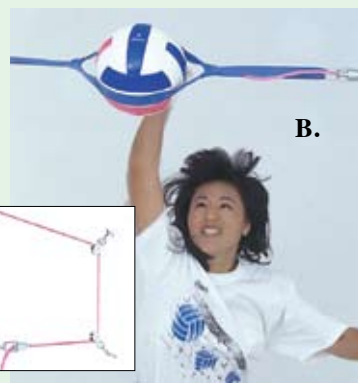
A. GymStick Fitness Tool

- Developed to effectively train total body fitness, improve muscular strength and endurance
- Light and durable fiberglass stick
- Exercise bands made of premium latex rubber for elasticity and durability
- Grips made of soft foam for easy holding
- Perfect for in-home strength exercises
- Stick and exercise bands can be used separately
- Hook the bands to your feet then roll the bar for varying heights and resistance levels
- Exercise booklet included • Length = 130 cm
- Storage/carrying case included

Stock # GYMSTICK

GymStick Fitness Tool

Unit Price \$88.99 ea



B.

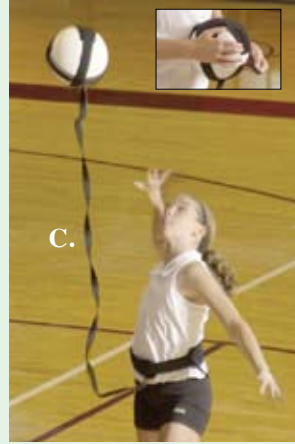
B. Crush-It

- Perform many repetitions without having to stop and shag balls
- Improve spiking technique, approach, arm swing, vertical jump, and endurance
- Easy set up in any corner
- Adjusts to different heights
- Ball attachments on side of the ball allow the player to hit on top of the ball
- Ball included

Stock # CRUSH

Crush-it

Unit Price \$123.99 ea



C.

C. Volleyball Pal

- Practice serving tosses or arm swing technique without ever having to chase a ball
- Velcro strap secures around the waist
- Neoprene pouch that holds a volleyball
- Elastic cord connecting the waist strap to the ball pouch
- Smooth action of cord guides ball back to the player each and every time
- Practice for hours without the help of another person
- Volleyball not included

Stock # PAL

Volleyball Pal

Unit Price \$18.99 ea



F.

F. Pass Rite Training Aid

- Easy to use training tool
- Durable elastic band attaches to the passer's wrists and ankles
- Band prevents excessive upward arm movement
- Velcro wrist and ankle cuffs
- Cuffs are small and lightweight to minimize interference with ball contact
- Elastic band is adjustable to accommodate any height

Stock # PASSRITE

Pass Rite

Unit Price \$21.99 ea



I. Skymeter

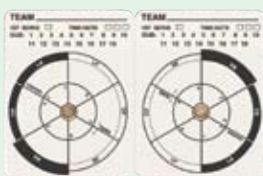
- Easy way to measure and improve vertical jump
- Hang the SkyMeter from the front of a basketball rim and you have a visual reference to measure an athlete's jump
- Impact resistant plastic and flexible vinyl

Stock # SKYM Skymeter

Unit Price \$23.99



I.



D.

D. Two Team Rotation Locator Card

- Keep track of both teams' positions at the same time
- Write the player's number on the rotating plastic dial and turn it to track front and back row locations
- Time outs and substitutions can be tracked
- Use a regular lead pencil or a grease pencil
- Card folds in half to fit in a pocket
- Size: 5.75" x 3.75"

D. Stock # ROTCARD

2 Team Rotation Locator **Unit Price \$7.99 ea**



E.

E. Rotation Locator

- Keep track of your players' positions
- Write your player's number on the clear rotating plastic dial and turn it to track front and back row locations
- Time out and substitution check off
- Court diagram on the back
- Comes with a dry erase marker
- Size: 5" x 7.75"

E. Stock # ROTLOC

Rotation Locator

Unit Price \$7.99 ea



G.

G. KBA Playmaker White Board

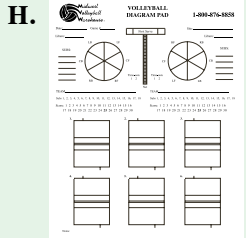
- Show a play, then erase it away clean
- Marker pen hooks to the clip w/velcro
- Full size: 12" x 18"
- Compact size: 9" x 15.5"

Stock # KBA1 Full size 12x18

Unit Price \$12.99 ea

Stock # KBACOM Compact size 9x15.5

Unit Price \$9.99 ea



H.

H. Coaches Diagram Pad

- 50 sheets per pad
- Space to track essential elements such as rotations, time outs, substitutions, shot charts, serve receive patterns and miscellaneous notes
- Accommodates rally scoring

Stock # DIAGRAM

Diagram Note pad

Unit Price \$2.49 ea

J. Volleyball Daily Planner

- Plastic spiral bound • 60 sheets of perforated, 2-part NCR paper
- Great way to keep a record of all practice activities

Stock # PLANNER

VB Daily Planner

Unit Price \$19.99 ea



J.

