

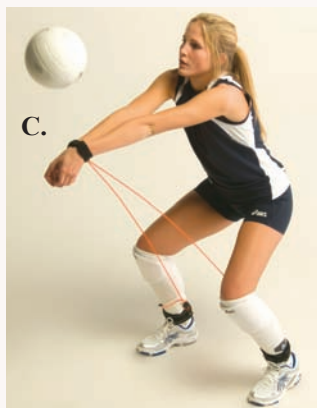
**A. Volleyball Pal**

- Practice serving tosses or arm swing technique without ever having to chase a ball
- Velcro strap secures around the waist
- Neoprene pouch 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

A. Stock # PAL

Volleyball Pal

Unit Price \$18.99 ea

**C. 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

C. Stock # PASSRITE

Pass Rite

Unit Price \$23.99 ea

**E. 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

E. Stock # SKYM Skymeter

Unit Price \$24.99 ea



E.



G.

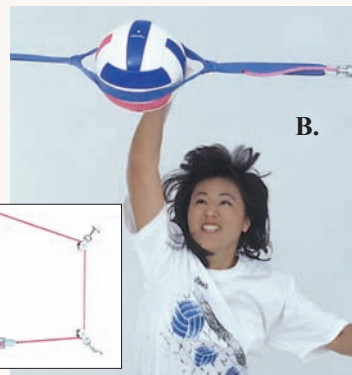
**G. Tandem Reaction Ball**

- Six-sided high-bounce rubber design causes the ball to bounce unpredictably to improve user reaction and agility
- For use on all hard surfaces and walls
- Great training tool for all sports
- Use solo or in a team setting
- Develops hand-eye coordination and quick reaction time
- 3.5" diameter

G. Stock # TAREACTB

Tandem Reaction Ball

Unit Price \$6.99 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

B. Stock # CRUSH

Crush-it

Unit Price \$128.99 ea



D.

TRAINING MANUAL

Jumpsoles Size Chart:			
Order Size:	S	M	L
Women's shoe size	6-8.5	9-12.5	13-14
Men's shoe size	5-7.5	8-10.5	11-14.5

D. JUMPSOLES V4.0

- Plyometric training platforms
- Help increase your vertical jump 5-10 inches!
- Attaches to shoes w/double wide achilles wrap
- Unified closure system
- Build up twitch muscle fibers
- Develop explosive leaping ability and quickness
- Training workout DVD included

D. Stock # JUMPSOLE

Unit Price \$86.99 pr

F.

**F. Mikasa Bump Board**

- Ultimate tool to develop volleyball passing and receiving skills
- Perfect for the volleyball player who is looking to improve their passing skills
- Designed to teach proper arm angles and proper platform technique
- Padded arm supports take the sting out of practicing.

F. Stock # BUMPB Bump Board

Unit Price \$32.99 ea



H.

**H. Tandem Volleyball Passing Sleeves**

- Great for beginner pass training
 - Target on sleeves provides proper ball contact area for perfect passing
 - Provides protection from repetitive ball contact
 - Adjustable length to fit players of any size
 - Includes two sleeves
 - Color: black
 - Sizes: S/M (less than 9" circumference) L/XL (greater than 9.5" circumference)
- NOTE: For sizing, extend arm straight, then measure around your elbow

H. Stock # TASLEEVE

Tandem Volleyball Passing Sleeves

Unit Price \$19.99 pr