

Dream Team Hopeful Amy Moor (#23)

"I am invested in the future of this team." - Amy Moor (*about Saint Cyr sur Loire Volley Ball*)

Strengths: Attitude, Athleticism

Future Strengths: Passing, Scoring, Jump Serving, Reaction Speed

Volleyball Goals:

Passing

- accelerate ball-setter-ball-hitter
- serve-receive focus passing
- get stopped and arms ready digging

Scoring

- master tooling the block
- get whole hand on the ball hitting
- accelerate body to wrist snap

Serving

- float
- jump float
- jump smash

Fitness Goals:

Balance and flexibility

- yoga every morning

Joint stability

- agility and jump training

Strength

- weight lifting

Cardio

- cycling
- running
- swimming

September 2013 - May 2014

Monday

Swimming

Tuesday

Cycling, Elliptical, Weights, Core, Practice

Wednesday

Agility, Stairs, Reps

Thursday

Cycling, Running, Weights, Core, Practice

Friday

Rest

Saturday

Conditioning, Core

Sunday

Play

Extras:

Ice injuries, high protein post-workout snack, low fat, low sugar, low caffeine, low alcohol

May 2014

Starter for the Northern California Dream Team