

• **ATHLETES • COACHES •**

DISCOVER YOUR TEAM'S FULL POTENTIAL AT THE

“YES, I CAN!”

VOLLEYBALL CLINIC

Learn The Breakthrough Techniques, Drills, and Winning Strategies of VOLLEYBALL CYBERNETICS

The Success Training Program That Brings The Mind And The Body Together For Peak Performance!

Featuring **DAVE CROSS**, Co-author of the book










Volleyball Cybernetics



Experience The Mental Workout of the Winner With These Revolutionary Methods

TAKE YOUR GAME TO A WHOLE NEW LEVEL

-  Jump Higher
-  Be Quicker To The Ball
-  Lock Into An Incredible Serving Groove
-  Play Bigger And Stronger At The Net
-  Overcome Fear, Frustration, And Training Boredom
-  Turn Weak Skills And Attitudes Into Strengths
-  Attain The Most Confident State Of Mind...**THE ZONE**

“ Not only will you experience immediate playing results at the clinic, you’ll know how to keep improving all season long.” -

Dave Cross & Stan Kellner

DATE:

FOR FURTHER INFORMATION

AT:

CALL:

TIME:

E-MAIL:

COST:

ISN'T IT TIME YOU LEARN HOW TO TAKE CHARGE OF YOUR VOLLEYBALL DESTINY?

TAKE YOUR VOLLEYBALL GAME TO A NEW LEVEL AT THE "YES I CAN!" VOLLEYBALL CLINIC

Dear Coach and Athlete,

For many years athletes and coaches alike, have enjoyed the sensational benefits of our "YES, I CAN!" VOLLEYBALL CAMP. Now, countless others are discovering the advantages of our one-of-a-kind **success training program** by reading the breakthrough book sweeping the nation, "VOLLEYBALL CYBERNETICS," which I co-authored with Stan Kellner.

If you're ready to take your volleyball game to a whole new level, join me at the "YES, I CAN!" VOLLEYBALL CLINIC. You'll experience, first hand, the time-tested program that **brings the mind and the body together for winning performance**. The innovative on-the-court skill techniques and attitude improving strategies are not only easy to learn, they help you become the volleyball player you've always wanted to be. Don't let this dynamic learning opportunity slip by. Hope to see you at the clinic.

Sincerely,
Dave Cross
440-365-3329
dave@yesicanvolleyball.com
www.yesicanvolleyball.com

REAL PLAYERS BENEFITS:

SERVING: Serve more consistently and aggressively
BALL HANDLING: Experience fewer mistakes
TEAM WORK: Multiply your team's ability with Team Synergy
SKILLS AND ATTITUDES: Learn how to turn weaknesses into strengths
POWER GAME: Play bigger and stronger at the net
TRANSITION GAME: Increase your court awareness and movement
QUICKNESS AND AGGRESSIVENESS: Instant improvement
CONTROL EMOTIONS: Conquer FRUSTRATION, FEAR, AND BOREDOM FOREVER
THE ZONE: Achieve the winner's most confident state of mind

AND BECOME THE PLAYER YOU ALWAYS WANTED TO BE
BUT DIDN'T KNOW HOW...UNTIL NOW!

COACHES:

Not only will you see immediate results in your players, you'll learn our techniques, drills, and winning strategies that will last you a lifetime.

CLINIC DETAILS

A TOTAL OF AT LEAST 5 HOURS (OVER 2 SESSIONS)

WE PROVIDE:

- The "Yes, I Can!" Program Director
- Master Flyer For Promotions

YOU PROVIDE:

- Playing facilities
- Duplicate and Distribute Clinic Flyers
(AFTER INSERTING CAMP DETAILS: DATE, TIME, SITE, COST)
- Collect All Monies
- One Night's Stay for Program Director

COST

- Clinic Director's Fee: \$900.00 plus hotel
- An excellent fund-raiser. By charging each coach or athlete (\$10-\$20) your expenses should be covered. Local sponsorship can also help cover the Director's fee.

LISTEN TO WHAT COACHES AND PLAYERS ARE SAYING ABOUT THE "YES I CAN!" PROGRAM AND VOLLEYBALL CYBERNETICS...

"We Couldn't have stayed focused throughout our 41-0 record and a state high school championship without the methods of **VOLLEYBALL CYBERNETICS**."

Dave Deuser - Currently Head Men's Coach, Lewis University
1996 National Final Four

"Your visualization techniques were especially useful in preparing me for the intensive pressure of game situations. They helped me to remain positive and focused during these stressful moments."

Kim Woodring - Two Time NCAA Division III All -American,
Wittenberg University '95, '97

"Because volleyball has become a mind game, the fabulous insights and techniques of **VOLLEYBALL CYBERNETICS** can improve the performance of any player at any level."

Leonid Yelin - Head Women's Coach, University of Louisville
1995 NCAA Division II Coach of the Year, Barry University

"The **ULTIMATE SERVING METHOD** is the link between the mind and body that every server needs to truly be consistent offensive force. Better still, the method is just as effective when applied to any other volleyball skill."

Mike Gibson - Head Coach, University of Michigan - Dearborn

"Since being introduced to the 'YES, I CAN!' success training program, our teams have used the visualization and relaxation methods before every match. These and other techniques of **VOLLEYBALL CYBERNETICS** have definitely made a positive impact on our program."

Sue Subich - Head Girl's Coach, Mansfield Madison High School
Division I Coach of the Year, 1994, '95

"Thanks to the **ULTIMATE SERVING METHOD**, we were able to serve specific zones at a rate above 95%. Remarkable, considering we graduated a large core of players from last year's team."

Chuck Gleich - Head Girl's Coach, Bishop Watterson High
Ohio-Central Catholic League Champs, 1996

"The 'YES, I CAN!' tape mentally prepared me for the pressure of championship play. The success of winning came through the positive internal success system of 'VOLLEYBALL CYBERNETICS' - Thank you."

Dan Matheson, USA National Two-Man Beach Champion-'98
and Member of the USA Jr. National Team - '99

