

VOLLEYBALL SKILLS & PRIVATE LESSONS



TRAIN TO COMPETE!

\$45*/1.5 hr session

*price based on 3 or more participants

CONTACT INGER FREUND

847-571-6891

ingerfreund@gmail.com



**SIGN UP
NOW**

All lessons at



MoRE Sports Complex

**26705 W. Commerce unit B
Volo, IL**

ABOUT INGER FREUND

PLAYING EXPERIENCE:

Richmond Burton Community High School
JAST Volleyball club
William Rainey Harper College
Millikin University

COACHING EXPERIENCE:

Club Coach 9 Yrs Ages, 12U, 14U and 16U
High School Assistant Varsity Coach 2 years
NASM Certified Personal Trainer 10 years
NASM Certified Performance Enhancement Specialist 4 years



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