

3SIX0 Fitness and Aardwolf Club Volleyball partner to develop Volleyball Players in Vancouver, WA.

Salmon Creek (Vancouver), WA — November 11, 2016 — 3SIX0 Fitness has partnered with Aardwolf Club Volleyball to bring the Aardwolf Club program into the facility for club volleyball practices as well as offer athletic training programs to players and select teams. The partnership will bring the region's premiere athletes to play with Aardwolf at the facility and train with 3SIX0 beginning immediately after the club volleyball tryout season is completed this weekend.

The partnership is the first for Aardwolf and one of many programs that is offered to youth athletes in Clark County, Washington. Aardwolf joins Cagers Basketball as one of the two programs that uses the wood court exclusively for their sport. Aardwolf has successfully hosted practices and developed athletes for 3 years in Clark County. Athletes coached by Aardwolf Coaches have gone on to play volleyball for their high school Varsity programs and play in college.

“We are so excited to be practicing at this world-class facility at 3SIX0,” said Aardwolf Club Director, Joe Boken, “as our athletes now have an opportunity to participate in sport-specific training, fast twitch development, and jump training with the great athletic trainers at 3SIX0.” Joe is well aware of what a world class training facility should look like as he is the principal camp director for 3-time beach volleyball Olympic Gold Medalist Misty May-Treanor's Dream in Gold Clinics. A career spent in volleyball, Boken has coached collegiately and also worked for USA Volleyball and the AVP Pro Beach Volleyball Tour.

3SIX0 Fitness has seen the need for young athletes to incorporate sport-specific strength and agility training. Partnering with youth programs such as Aardwolf Volleyball we will showcase the future of youth sports and need for this type of training. By teaching correct movements and incorporating strength and agility work at an early age we are giving our youth athletes a huge advantage.

Joe Gonzales, owner and Director of fitness at 3SIX0- “We call it building engines” and it's how we define our success by improving the athlete's strength, agility and overall fitness.

The region's best volleyball athletes are considering volleyball clubs this weekend during tryouts for multiple clubs in the area. “There are a number of great clubs here in Clark County. With this relationship with 3SIX0, Aardwolf is solidifying its position as a developer of great volleyball players in Clark County, Washington,” said Boken. Information about membership opportunities exist for the general public online at <http://3six0fitness.com> and onsite at 10410 NE 3rd Ct Bldg B Vancouver WA, 98685

Participation in programs with Aardwolf Club Volleyball includes practices and training at multiple facilities in Clark County and for two teams at 3SIX0 FITNESS at 10410 NE 3rd Ct Bldg B Vancouver WA, 98685. For more information about Aardwolf, ask an aardwolf... or start at <http://aardwolfvolleyball.com>.

About 3SIX0FITNESS:

3SIX0Fitness is the premier front runner in the fitness and health club industries. We offer the cleanest facilities filled with state of the art equipment and distinguished instructors. We are a health club that is here to provide health and fitness to everyone from beginners to advanced athletes and beyond. There is literally something for everybody who takes sports, fitness and training seriously.

About Aardwolf Club Volleyball:

Our mission at Aardwolf is to develop the whole person through volleyball. How do we achieve the Mission? We're different. We are Club Volleyball, not a Volleyball Club. We have an interesting name which relates to our philosophy and perspective. Our structure falls under our players' name: aardwolvenssss. You will see our club name as the "aardwolvenssss" with five "s" letters at the end relating to the five cores of our philosophy and values structure. Our players go far in life.