

# BENET VOLLEYBALL REDWINGS

## Personal Training

### The Program:

The focus of the training sessions will be on the following:

- Injury prevention (strong emphasis on shoulder care, back care, and knee care)
- Proper movement mechanics, warm ups, cool downs
- Explosive Power (Olympic lifts, plyometrics, sleds, med ball throws)
- Speed (Moving linearly and laterally safely and efficiently)
- Strength (Upper Body, Lower Body, Core)
- Conditioning (sport specific conditioning)
- Flexibility (proper foam rolling and muscle activation techniques)
- Nutrition Education (lessons and tips on how to approach decisions regarding nutrition)

In our years of coaching, we have seen countless players deal with injuries that could have been prevented, or players who have great potential but lack the strength and movement efficiency required to be successful at the elite level. Through training with Coach Steinberg in the summer, your son or daughter will be guided through an individualized program with a strong emphasis on proper form and technique to prepare them not only for their upcoming season, but to be healthier in their day to day life as well. No previous experience with exercising is required. Your son or daughter will learn everything he or she needs to know when training with Coach Steinberg!

### Meet the Trainer: Jeff Steinberg

- Physical Education, Health Education Teacher at Benet Academy
- Benet Volleyball: Boys' Head, Assistant Varsity Girls, Strength and Conditioning Coach
- Degrees (University of Illinois Urbana-Champaign)
  - Bachelor of Science in Kinesiology
  - Master of Science in Kinesiology
  - Focus: Physical education, human movement, nutrition
- Pending Certification
  - CFSC (Certified Functional Strength Coach)
  - \*\*\*One of top recognized personal training certifications
- Experience with other sports (playing and coaching)
  - Soccer, Basketball, Baseball, Tennis, Football

### Personal Training Options:

There will be two types of personal training offered throughout the summer. The first option is for your son or daughter to work 1:1 with the coach, which is great for someone who has a difficult schedule to work around. The other option is semi-private training, which would include two players coming in to exercise together. This is great for people who enjoy working with a partner or who may enjoy competing against someone in their workouts.

Each training session will last no more than 90 minutes at Benet Academy. Training will be offered Monday through Friday (occasional weekends will be available), and the hours available are flexible to the player's schedule (mornings, afternoons, and evenings). This will go from the first week of summer, the week of June 10<sup>th</sup>, until the last week of summer, August 12<sup>th</sup>.

### Pricing:

1:1 Personal Training	2:1 Training (with a friend)	**For more information and to schedule, please contact Jeff Steinberg:  Email: <a href="mailto:jsteinberg@benet.org">jsteinberg@benet.org</a> Phone: 847-306-0772  **Coach Steinberg's typical response time to phone/email is less than one hour!
Price per session: \$30 **If buy 10 sessions: \$250	Price per session: \$20 per player **If buy 10 sessions: \$180 each	
**For greatest improvements, it is recommended to train 2-3 times per week. We know people go on vacations and can accommodate your schedules. More specials can be offered based on number of sessions being purchased and frequency of training.		

**Coach looks forward to working with you over the summer!!!**