



Volleyball Strength Camp

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)

Through countless years as an athlete and coach, Jeff has 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 child 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 child will learn everything needed 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)
 - Master of Science in Kinesiology, Bachelor of Science in Kinesiology
 - Focus: Physical education, human movement, nutrition
- Additional Certifications
 - CFSC (Certified Functional Strength Coach) ***One of top recognized personal training certifications
 - Functional Movement Screen Certified
 - Precision Nutrition Certified

Camp Overview:

This strength camp will run for the entire summer, starting the week of June 14th, and ending the week of August 2nd. There will be 3 sessions each week on Monday/Wednesday/Thursday. Please click on the link below to see the current schedule. This schedule is subject to change based on COVID guidelines and space allowances. At this time to limit the number of players in the weight room at a time, there will be a Junior/Senior session, and a Frosh/Soph session.

<https://docs.google.com/spreadsheets/d/1LmKJftj9UnrNxYB156241dso3gKwi90RaIUPrAPIRHg/edit?usp=sharing>

Conflicts will come up through the summer such as sports camps, vacations, etc. This is not a problem and we encourage our players to go on vacation and attend their camps/tournaments. Your child will sign up for the whole camp, and then if there are sessions they cannot make they just will let Coach Steinberg know.

Each athlete will have his or her own individual space and individual pieces of equipment to ensure safety. Everything will be thoroughly cleaned after each use. This style will ensure each athlete has the program modified to their needs, while still allowing them to train in the fun atmosphere of the team environment. Masks will be worn at all times and proper distancing protocols will be in place. This is subject to change based on policies of the school and Department of Public Health. The coach will be in a mask at all times.

Each training session will last no more than 75 minutes at Benet Academy (players should try and arrive 15 minutes prior to warm up once taught how to do so, and then they will have 60 minutes of strength training).

Pricing:

For the Whole Summer	Payments	Questions/More Information
\$250	Done online via benetcamps.com or Mail payment to Jeff Steinberg at 2200 Maple Avenue, Lisle IL 60532	Contact Jeff Steinberg: Email: jsteinberg@benet.org Phone: 847-306-0772



BENET ACADEMY CAMPS

Last Summer Testimonials:

"I worked with Coach over the summer and I improved a ton! Coach really helped me learn the proper form for each exercise and how the exercise would benefit me. He improved all of my stats in the three months I worked with him. I highly recommend that everyone works with Coach Steinberg."

"My son has always been tall and quite thin. So when he asked me if he could start training with Jeff, I recall thinking that it would take a long time for my son's particular anatomy/physiology to reveal visible muscle tone. Additionally, our busy summer schedule only allowed for two sessions a week, some weeks only one. To my surprise, I could see the definition in his legs, arms and shoulders before the end of summer, even on his limited training schedule. Additionally, his vertical jump increased 2.5" in just a few months! The best part is that my son looked forward to his time with Jeff. I would not hesitate to recommend this camp. There are many personal trainers that have questionable certifications. Jeff's credentials speak for themselves, as do the results."

"Jeff sees the trainee as a whole person. It is not just about weight training. Jeff focuses on educating the trainee regarding form, nutrition, kinesiology, and personalizes training with individual, manageable goals that kept my son focused and inspired. Working with Jeff has been the most positive experience because my son has taken what he has learned and now trains regularly on his own. My son has improved his nutrition far beyond anything he would have done on his own. Most of all, my son's health and confidence have been forever changed. Thank you, Jeff!"

"All 3 of my children have worked with Jeff, either as a PE teacher or as a trainer. They all respect and admire him and say he has exceptional knowledge of the human body. All three children have had personal trainers that they have worked with in the past and they say Jeff is head and shoulders above the rest. He makes working out fun...until the next day when you have muscle groups that are sore that you didn't even know existed! ☆☆☆☆ all the way around!"

My daughter worked with Jeff over the summer and saw results very quickly. She would come home exhausted, but said she felt great. She also clicked with him on a personal level, which was great to hear. We like his education background, and his focus on warm-up and technique. He was also flexible about her working out alone or with a partner. She is looking forward to training with him once the high school season ends. Her desire to go back should serve as a strong recommendation that he is really good at what he does."



Coach Steinberg looks forward to working with you this summer and helping you reach your goals!!!