

# GET QUICK AND STRONG FOR TRYOUTS

## PRE SEASON CONDITIONING & AGILITY TRAINING

*This class is specifically designed to minimize injury, gain strength and conditioning, and improve overall athletic performance through specialized movement and technique training geared towards the club volleyball athlete. Program developed and instructed by:*

**Paul Drumheller, MPT, OCS, SCS, CSCS**

*Paul is a licensed physical therapist, a board-certified Orthopedic Clinical Specialist and Sports Clinical Specialist, a Certified Strength and Conditioning Specialist, a certified Titleist Performance Institute medical professional and an American Red Cross First Responder. He has served the local area since 1994. Paul treats every part of the body. However, the lower extremity injuries – including the foot and ankle – are his specialty. This serves not only runners, but all athletes - pros and amateurs alike. When he is not in the clinic, he lectures nationally on running injuries and foot & ankle biomechanics. His motivation is towards treating the active population with an emphasis in training younger athletes to move properly – “This is when I can make the biggest difference.”*

**Education:** Bachelor of Science in Exercise Physiology — University of California at Davis, 1991  
Master of Physical Therapy — University of Puget Sound, 1994

**Memberships:** American Physical Therapy Association | Sports Section – Running, Knee and Shoulder Special Interest Group | Orthopedic Section – Foot and Ankle Special Interest Group | Washington State Physical Therapy Association | National Strength and Conditioning Association

**TWELVE 1 HOUR SESSIONS  
OCTOBER 17TH TO WEDNESDAY NOVEMBER 23RD**

**WHEN: MONDAYS and WEDNESDAYS**  
**WHERE: THE FIVE12 COURTS**  
**TIME: 7 PM - 8 PM**  
**AGES: 12 TO 17 YR OLD**  
**COST: \$120 PER ATHLETE**

### PLEASE NOTE :

*Athletes that attend all 12 sessions AND earn a spot on a Lake Tapps Volleyball Club team will receive a \$60 refund to be used towards your LTVBC 2011-12 dues. Our way of rewarding each athlete's hard work, commitment, and determination!*



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