

PRE-SEASON VOLLEYBALL CONDITIONING... LIKE NO OTHER!

Proper athletic positioning is imperative to achieve the best performance. How to find the proper position is often challenging for the youth athlete. If an improper position is continually practiced, it becomes a bad habit that is hard to change and can lead to injury.

This camp will focus on how to find and maintain a proper athletic position while completing exercises to improve strength, power, agility, first step quickness and jumping. The athletes will learn how to turn on the proper muscle sequence and use their entire body as opposed to over-stressing a single body part.

It will NOT be a usual camp where the athletes are just put through a bunch of exercises. Each player will be assessed and monitored for proper technique.

My Bio: Paul Drumheller, MPT,OCS,SCS,CSCS is owner and practicing physical therapist at 3Dimensional Physical Therapy & Sports Conditioning. He has extensive world-wide training with youth and female athletes. His daughter plays with LTVBC, and he will be available for consulting during the season. For a full Bio on Paul, please visit www.3DimensionalPT.com. He will also answer any questions you may have prior to starting the camp.

Total of 12 sessions: First 6 sessions will be 1 hour each due to more instructional time

Last 6 sessions will be 45 min and they should be tired.

What you can expect: Improved movement strategies for all sports, increased strength (appropriate for volleyball, improved quickness and jumping ability, better play and hopefully no injuries. Definitely will be ready for the start of the season!

Paul's Credentials:

Masters in Physical Therapy (MPT)

Board Certified Orthopedic Clinical Specialist (OCS)

Board Certified Sports Clinical Specialist (SCS)

Certified Strength and Conditioning Specialist (CSCS) through the National Strength and Conditioning Association

Certified Golf Fitness Instructor(CGFI) through Titleist Performance Institute(TPI) –Level 2 Junior Development and Level 3 Medical Professional