

TVC PERFORMANCE TRAINING

One of the tremendous advantages of calling Synergy Sports and Fitness our home is the access to the outstanding and nationally renowned fitness trainers and the state of the art training equipment. TVC believes it is our responsibility to train each player as a volleyball player. We recognize that conditioning and performance training is a key component into training the complete athlete. A well conditioned volleyball player will be less prone to injury and will be able to consistently perform at their peak.

This year, we are providing a 6 week “Boot Camp” session beginning December 9th and continuing until mid-January 14th for players on 14-1 and 14-Mizuno and all players on National/Mizuno/Club teams 15 and older. Players who are not playing a winter sport for their school will be expected to participate a minimum of 2 days per week for one hour per session. The purpose of these sessions is to help the athletes get in peak physical condition prior to the season. These sessions will be held at Synergy on Mondays/Wednesdays/Fridays and some Saturdays. Players are encouraged to schedule a third training day on their own. Sign ups for “Boot Camp” will be available at the Meet the Team Night.

All Players 15 and up will participate during the season in the Pinnacle Performance Training Program at Synergy and the LCRC once the practice season starts in mid January. This is being offered at no additional charge to each player. Each National and Mizuno team will have two (2) half hour sessions each week scheduled through the Pinnacle Performance Training Program. The workouts will focus on the vital components necessary for the critical performance attribute of the developing athlete/volleyball player. These include vertical jump and take-off jumping ability for block and approach jumps. The ever important landing with soft knees for the prevention of tendonitis and overuse injuries. We have listed some of the key training components a developing volleyball player faces through the growing stages. All training that TVC Volleyball players participate in is based on age specific training and the most important aspects of athletic/volleyball development within their respective age group.

The Synergy Training Staff will work with the coaches of the younger teams to assist them with the proper training exercises to incorporate into their practice time.

Age	Training emphasis	Example exercises
11-12	Coordination, Agility, Jumping and Landing Technique, Core work	Ladders, rings, spot specific jumping, Tumbling,
13-14	Strength Training, Jumping and Landing, agility, quickness	Box jumps, foot drills, squats, rows Olympic lifting movements for strength
15-16	Conversion-to-Power, Lateral Movement, Core work	Olympic lifting movements, rotational core exercises, 1 st step line drills
17-18	Power, Explosion [vertical, lateral]	Olympic lifting movement, fast twitch movements, OH shoulder injury prevention, core injury prevention

In addition to the above training that will be part of the overall practice plan, Synergy has developed a very cost effective conditioning package for TVC athletes. **While it is not mandatory, it is STRONGLY RECOMMENDED that our National Team Players take advantage of this opportunity.** It has never been TVC’s philosophy to mandate extra conditioning of our athletes- but we also know if you are not working on getting stronger, you are not putting yourself in position to be the best volleyball player possible. The coaches of the National teams expect that their players will be conditioning on their own a minimum of one to two times a week outside of their practice time. The training package that Synergy has developed is extremely inexpensive when compared with other programs of a similar nature. And we believe there are no other trainers in the area that understand the unique requirements of taking the female volleyball player to the next level in terms of athletic fitness and conditioning. Players on the

National and Mizuno teams 14 and older will be asked to indicate what type of fitness training they will be participating in during the season. If you are not working out at Synergy, you should be working out somewhere.

SYNERGY MEMBERSHIP

Synergy will once offer a deeply discounted membership package to all members of the TVC family. Information and sign up forms for both the Performance Training Programs and Family Memberships is included in the folder.