

LKN VOLLEYBALL

2017-18



STRENGTH TRAINING

LKN Volleyball in partnership with PRECISION FITNESS is offering a volleyball specific training series to develop volleyball players to their maximum potential! Volleyball skill training is the forte' of the club and its coaches, but specialized strength training is best left to the pros! In addition to strength training all players will be evaluated and trained on proper movement patterns, muscular imbalances, areas of weakness and flexibility. We have broken the initial program into 2 phases– Session 1 (Foundations of strength) and Session 2. Session 1 will focus on mobility, stability and muscular endurance. The session will add loaded movement patterns as the athlete progresses. Session 2 will focus on speed, agility, strength and improving your vertical. All athletes must go through Strength 1 before attending Strength 2 sessions. All sessions will be led by Verun Tahiliana, BS, ACSM EP-C, a professional trainer and highly competitive volleyball player. We will be adding additional sessions so that the hardcore player can continue to train throughout the year!

Session 1/Foundations of Strength

8 weeks of training starting Tuesday November 14th.

Offered on Tuesdays or Wednesdays at 4:30-5:30 PM or 6:00– 7:00 PM

Maximum of 10 athletes per session.

Price is \$160 per session.

Session 2/ Strength and Conditioning

8 weeks of training starting January 23rd.

Offered on Tuesdays or Wednesdays at 4:30-5:30 PM or 6:00– 7:00 PM

Maximum of 10 athletes per session.

Price is \$160 per session.

Program details- All athletes will receive one hour of onsite training at Precision Fitness, 18515 Statesville Road, #C3, Cornelius, NC 28031. Each athlete will also receive a customized training plan/program to supplement their group sessions. It is highly recommended that athletes complete the training regimen 2-3 days per week (1 onsite, 1-2 offsite) to achieve maximum results.

To sign up or ask questions please contact VERUN TAHILIANI directly at

Verun.tahiliani@pfitcentral.com or 704-895-2857.