

# Pre-Season

## CIA STRONG

CIA strength coach, Brett Waltert, is ready to help your athlete prepare for club season with CIA STRONG PRE-SEASON. This four week program will provide a great opportunity to work on footspeed and quickness, strength and vertical jump. It is a great jump start into the club season and will help your athlete to have productive practices early in the season.

Our program is specific to the volleyball player. Everything we do will enhance movement and skills specific to our sport. It addresses areas of critical importance, which are primarily the shoulder, ankle, knee and hip extension.

Shoulder strengthening techniques will increase arm speed and power that will drastically improve hitting power and help prevent overuse injuries. Ankle, knee and hip extension movements will develop leg strength and explosive power that will increase vertical jump. With this focus, your athlete will see increases in block jump height and approach jump height. The higher your athlete can jump, the more court they are able to attack. The program will also help improve first step quickness and stability which will impact your ability to make quick plays on the court. This increase in quickness can help your athlete cover more court in serve receive and on defense.

**When:** Monday, Wednesday or Thursdays from November 2<sup>nd</sup>-December 3<sup>rd</sup>.. Pick 2 of the 3 days offered each week. It is a 4 week program.

**Where:** CIA Center, 3466 Wagner Road in Waterloo

**Who:** Athletes ages 10-18. You don't have to be a CIA member to participate.

**Why:** Players will see significant improvements on the volleyball court as a result of volleyball specific strength training.

**Cost:** Ages 10-12 (\$89) Ages 13-18 (\$109)

**\*\*Cost includes a CIA STRONG t-shirt**

For questions, please contact Chris Mahi at [chrismahi@clubiowajuniors.com](mailto:chrismahi@clubiowajuniors.com) or call 319-464-4861. You can register at our website [www.ciajuniors.com](http://www.ciajuniors.com) or return the form below.

Name \_\_\_\_\_ Age \_\_\_\_\_ Grade \_\_\_\_\_

Mailing Address \_\_\_\_\_ City \_\_\_\_\_ Zip \_\_\_\_\_

Cell Phone \_\_\_\_\_ Email \_\_\_\_\_

Emergency Contact \_\_\_\_\_ Cell Phone \_\_\_\_\_

T-shirt: Youth Large      Adult Small      Adult Medium      Adult Large

Please place an M (Monday), a W (Wednesday), or Th (Thursday) in the time slots of choice. You may attend 2 sessions per week and the days that you attend can change each week if you need to because of your schedule.

Ages 10-12: \_\_\_\_\_ 5:00-5:40pm \_\_\_\_\_ 6:00-6:40pm (each session will be limited to 12 athletes)

Ages 13-18: \_\_\_\_\_ 6:00-7:00pm \_\_\_\_\_ 7:00-8:00pm (each session will be limited to 12 athletes)

Please mail form and payment to: (checks payable to: CIA)

CIA  
2904 Minnetonka Dr.  
Cedar Falls, IA 50613