



TRAINING HOUSE

SKY
VOLLEYBALL™

**SKY VOLLEYBALL
Strength & Conditioning
2019/2020 Season**

SOME OF OUR CURRENT ATHLETE FOCUSED CLIENTS, PARTNERS & CERTIFICATIONS:



Strength & Conditioning
Facility of choice for Skier
ELENA GASKELL



Strength & Conditioning
Facility of choice for your
VERNON VIPERS



Strength & Conditioning
Facility of choice for
NORTH OK JUNIOR HOCKEY



Strength & Conditioning
Facility of choice for Vernon
PURSUIT OF EXCELLENCE



Strength & Conditioning
Facility of choice for
ELITE HOCKEY ACADEMY



Strength & Conditioning
Facility of choice for players from
VERNON TIGERS LACROSSE



PREDATOR RIDGE
Accommodations Partner
for traveling Athletes/Families
PREDATOR RIDGE®



UNDER ARMOUR

Apparel Partner
for Athletes
UNDER ARMOUR®



Oxygen level monitor
SmO2 at muscle level
MOXY® MUSCLE O2 MONITOR



Movement Screens
and Assessments
FMS1, FMS2, SFMA



Functional Range Conditioning
Recovery & Durability Focus
KINSTRETCH®



International Youth Conditioning
Certifications in Various entities
IYCA®



Off-Court Volleyball Strength & Conditioning

The Purpose = Instil positive habits, reduce injury risk and improve team bonding and growth.

- If we can establish positive movement, training and discipline habits in youth, they carry forward into adolescent and adult years.
- Putting the team into an off-court environment allows each individual to learn, bond and grow in a completely different back-drop. We also make it fun and allow game play in this setting.

The Benefits = Many aspects of the sport are improved through off-court development. Here are a handful of these benefits:

- **SPEED & POWER:** In order to become faster on the court, the individual must improve strength and power. An athlete with improved strength has the ability to produce more force.
More force = increased power. Increased power = Faster speed
- **ACCELERATION:** In order to improve ground reaction force (force into the floor) the athlete must have foundational strength & power. This allows the athlete to accelerate quicker.
- **DECELERATION AND CHANGE OF DIRECTION:** In order for the athlete to change direction quickly AND ACCELERATE FASTER they must have the ability to decelerate quickly! They must also have the ability to display a high level of horizontal force production.
- **BALANCE & AGILITY:** Being “strong on your feet” means absorbing force in order to stay balanced. By improving core stability & strength, the athlete can absorb and resist a greater amount of force. Dynamic balance is key for the volleyball athlete to maintain body control through movement!
- **JOINT MECHANICS:** Improving joint mobility allows the brain to recognize a higher range of joint positions. This means the athlete can change direction quicker because the brain understands the position of a joint and allows the body to get there.
- **BODY AWARENESS & COORDINATION:** To master the sport, the athlete must have a high quality of coordination, move the body together effortlessly and learn fundamental movements. The athlete also needs to improve awareness of movement.
- **REACTIVE ABILITY:** The athlete must be able to react quickly to opposing players and ball play.
- **MOVEMENT EFFICIENCY:** Perform a movement with less effort. Fatigue reduction.



HOW DO WE IMPROVE THE ABOVE QUALITIES?

1) Introduction to high quality strength programming.

Youth can and should be strength training. There is still the misconception that it is "dangerous". **Completely false!** You must remember that there is more force hitting the athlete from ground reaction through their sport than in a controlled strength & conditioning setting.

Examples of basic lifts include: Deadlift mechanics = hip hinge/hip extension which is primary pattern for creating explosive power. Pushup patterns = core reactive stability. The ability for the trunk to react FASTER to stabilize the trunk in order to transfer power into a spike.

2) Deceleration/Acceleration Mechanics.

Athletes are taught how to land and absorb force through progressive patterns for double and single leg jumps/hops in a vertical AND horizontal plane of motion.

3) Joint mechanics and mobility.

This is one of the most important aspects that the young athlete can take away from our training. Volleyball is a repetitive sport. In order to reduce future risk of non contact injuries, joint health is crucial. This can be done by improving mobility through FRC/KINSTRETCH® principals. This allows a great degree of USABLE/ACTIVE range of motion which is completely separate from passive range of motion.

4) Coordination/body awareness/Reactive ability.

Game play and activities that encourage a higher degree of learning for the brain. If you encourage different movements, away from the sport of Volleyball, you allow the brain to learn a higher variety of motion. If the brain "learns more" the athlete improves all aspects of athletic development.

CURRENT INTERNATIONAL YOUTH CERTIFICATIONS HELD:

- **IYCA - Youth Fitness Specialist Level One**
- **IYCA - Youth Fitness Specialist Level Two**
- **IYCA - Youth Athletic Assessment Specialist**
- **IYCA - Certified Speed & Agility Specialist**
- **IYCA - Youth Nutrition Specialist**
- **IYCA - High School Strength & Conditioning Coach**





Why use Training House?

We know there are several other training options available for your athlete in Vernon and Kelowna. How do you choose? ~ **Education, Experience, Atmosphere, Support and Reputation.**

OUR YOUTH TEAM:

Rhonda Catt, Co-Owner, Strength & Conditioning Coach, Certified Youth Fitness Specialist

Carla Rayner, Co-Owner, Certified Private Trainer, Certified Youth Fitness Specialist

Brandy Sarrasin, Certified Private Trainer, Certified Youth Fitness Specialist

Jamie Munro, Certified Kinesiologist

Ryley Price, Certified Kinesiologist, Bachelor of Science, Masters of Health & Science

Nick Wideman, Certified Kinesiologist, Certified Youth Fitness Specialist

About OUR ATHLETIC DIRECTOR:

Education:

Rhonda Catt has dedicated her life to training athletes, specifically catering to the elite athlete. With this dedication comes the drive to learn and excel in her craft. This has resulted in an admirable resume of certifications and education to support her training and programming for athletes.

NASM - Certified Personal Trainer / **CES** - Corrective Exercise Specialist

FMS - Functional Movement / **FMS2** - Functional Movement Systems / **SMFA** - Selective Functional Movement

FRC - Functional Range Conditioning / **FRA** - Functional Range Assessment

CFSC - Certified Functional Strength Coach / **DNS1** - Dynamic Neuromuscular Stabilization

PRI-Exercise/Movement-Postural Restoration Inst.

KINSTRETCH® - Certified / **NCCP** level 1 Theory / **NCCP** level 2 Theory

YFS1, YFS2, CSAS, YAAS, HSSCA, IYCA - International Youth Conditioning Association Certifications

Experience:

Rhonda Catt brings with her over 25 years of direct Strength & Conditioning experience. Rhonda is the sole owner of Catt Conditioning, co-owned Excel Fitness from 2011-2018 which evolved into Training House in September 2018. This experience has also brought some extra highlights worth mentioning:

INVITATIONS

Guest Coach - **Tampa Bay Lightning 2018** Development Camp

TV SHOWS

HOCKEYVILLE VIA NHL - 2016 / **SLICE NETWORK** - "X-Weighted" 2007 / **CBC** - "Making the Cut" 2004

YOUTUBE/PODCASTS

Stop and Give me 20 - 2018 / **Cut the Sh\$t, Get Fit** - 2018 / **Share Peters Story** - 2017

The Strength Coach - 2017 / **Get U To the Top** - 2017

NOMINATIONS

NSCA - Advisory Board - 2018 / **Woman of the Year** - 2017

Atmosphere:

Training House focusses on providing a professional facility built on the foundation of functional movement and scientific backed programming. There are two streams to the business, one which caters to a small private membership base of the general fitness population and the other which caters to athletes. With this business model comes an ability to secure a private club feel for our athletes.

Support:

Training House athletes are provided with a network of like-minded professionals. From Physiotherapy referrals, Mentorship support and Nutrition support as well as access to free massage.

Reputation:

When in doubt ask. Ask the medical professionals in town, current and/or past members and athletes who have utilized our training for feedback and recommendations. We work hard to service our clients to the highest level and wish to do the same for you.