



PERFORMANCE VOLLEYBALL CONDITIONING

A NEWSLETTER DEDICATED TO IMPROVING VOLLEYBALL PLAYERS

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Giving Parents a Positive Direction- A Coaches Guide to Making Parents – Recovery Coaches

Rob Rose, CSCS, CCS, President, True Athlete Performance

Rob started his love for volleyball and his volleyball training career as student athletic trainer for George Mason University Varsity programs in 1993.

Through his love for the sport and experience training all levels of volleyball, Rob was able to create the Volleyball Strength and Performance Program (VSPP) with TrueAP.

As a Nike Trainer, Rob refined the VSPP for Nike Training in 2016. Since 2014, he has worked with over 15 high school programs, including 6 VA State Champions. Rob has also been able to consult and train over 10 elite level volleyball clubs from the Northern VA/Washington DC area.

On top of training, Rob has produced 6 DVDs and Rob has worked with such colleges and professional organizations as George Mason University, George Washington University, Marymount University, Mary Washington University, the American Volleyball Coaches Association (AVCA), US Lacrosse, National Strength and Conditioning Association, National Strength Professionals Association, Total Training Seminars, Mid-Atlantic Club Managers Association, Power Systems, Life Fitness Academy, Athletic Business, Club Industry, and more.

Introduction/Implementation for Parents



So, time to get real parents.

It can be difficult in dealing with an elite athlete. Dealing with tryouts, choosing the right club for your child and family, the cost (oh the cost!), the weekly practice schedules, the travel and tournaments. Having to deal with all this, while still having to be a parent, working an already overly time-consuming job which provides for your family, chauffeuring around your kids and their friends, and hoping that you can have some time for your own interests.

But, we love our kids and want only the best for them. So, we do whatever we can to make sure they are happy and can succeed at any endeavor that they choose.

Well, they have decided to become an elite volleyball athlete, and that is a huge commitment.



Rob Rose

This article will provide you with some advice and tools on how to best deal with and support your athlete.

When I run parents' clinics for volleyball clubs, I start with this question:

Do you feel there are more injuries in young athletes now than when their parents' aged athletes were playing sports?

Most, if not all, parents will say..... Absolutely!

Why is this?

Is it that more athletes are training, so we are noticing injuries more, but injuries are not really more common now. I say NO.

Is it the court surfaces that they play on or they shoes we wear? I say, maybe, but I feel that is a very small factor in the ultimately explaining this discrepancy.

Is it that our athletes are specializing (playing one sport only, year round) too young. I say, YES.

Is it that our athletes are overtraining? I say ABSOLUTELY!

Our athletes are playing volleyball for close to 9 – 12 months a year. That is a lot of using the same muscles in playing one sport, of practices the same drills, of jumping and swinging in games and practices.

The human body needs to recover and more so with overtraining; it needs to do something different consistently.

If our body becomes accustomed to an activity or drill, especially as rigorous as practiced and re-practiced in volleyball, the body will shut down, which will lead to over-use injuries (shin splints, shoulder/back pain, tendinitis). The athlete will likewise be more prone to more acute/severe injuries (sprains, strains, ACL, etc.)

So, as a parent, what can you do to help your athlete prevent injury, increase performance, and keep their love and dedication to this sport for years to come?

Parents must take on a new role.

Recover Coach.

You are now their recovery coach.

The volleyball coach and/or performance coach only gets to see their athlete a few hours a week. We, of course, will add recovery into every workout/practice we have. We can educate the athletes on what they should be doing to recover on their own. But, we all know, they are young and need guidance and accountability. The best person for that is their parents! Not their friends.

Parents have the ability to ensure their athlete is doing everything they can to recover, regardless of the push back they may give you, you are still their parent! Not their friend.

How to be the best recover coach? Follow these steps:

NUTRITION ([Click HERE for link to TAP nutrition packet](#)):

1. Athletes need to eat properly to ensure proper recovery.
2. Balanced at every meal (protein, vegetables/fruits, complex carbs).
3. Healthy snacks during the day. Athletes should be eating about 6 times a day, 3 main meals and 3 healthy snacks.
4. NO FAST FOOD. If you need to eat out, choose a healthy option.
5. Do as I say, not as I do. Look, as a parent that played sports all my life, I have always focused on proper nutrition. But, that does not mean I need to eat like my athlete. I personally like doing intermittent fasting. It works great for me as a 47-year-old weekend warrior, but it is not good for your elite volleyball athlete.

[Click HERE for link to TAP nutrition tournament guide](#)

MORNING EXERCISES:

1. Research shows that doing a simple morning exercise routine helps boost recovery.
2. Research also shows that morning workouts help with focus, and it leads to students performing better in school.
3. Sample morning workout:
 - a. 25-30 Body weight squats
 - b. 10-20 Push ups
 - c. 25-30 Sit ups
 - d. Choose a simple mobility exercise –

See next page for TAP Mobility Prep exercises

SLEEP—*The #1 way to recover from any exercise or workout:*

1. We need HGH! That is right, in order to recover, we need human growth hormone (HGH). The only time that our body will naturally secrete is during sleep. In fact, only during REM Sleep.
 - a. This is why babies need to sleep so much.
2. We need to get into REM sleep as fast as possible and stay there as long as possible.
3. Tricks to get into REM and stay there:
 - a. GET OFF THE PHONE! Athletes should not be on their phone, computer, or TV for at least 90 minutes before they go to bed.
 - i. *We know your athlete will push back on this, but I beg you to STAY STRONG.*
 - b. Dark. Keep the room as dark as possible. The darker the better.

Pre or Post Workout! 5-10 reps w/10s hold each



All 4's Thoracic Rot.



Single Leg Frog Stretch



Hip Openers



Cossack Squat



Carioca Knee Drop



Instep Lunge (Warrior)



Push 90-90 w/ Reach



Single Leg Squat w/ Reach

- c. Cold. Keep the room really cold. Say 68 degrees.
- d. Take a 5 minute hot shower right before bed.
- e. Drink a milk based protein shake.
- f. The room is for sleeping and sleeping only. No TV, No phone, No computer, do not do home work in bed, and do not eat in bed.

[Click HERE for link to TAP sleep packet](#)

INJURIES:

1. Quick story: I had an athlete tell me that they did not want to lift upper body in our strength workout one day. I asked why. She said that she hurt her shoulder dating back to her HS Season, which was over 4 months ago. I asked if she told her coach. She said that she had not. I asked if her parents knew, and she responded that they did. I asked the parents why they did not tell the coach. They said, "because she may lose playing time." I am sorry, but that is one of the WORST things you can do to your athlete. If your athlete is hurt, the body is telling you it NEEDS rest. She may lose some playing time, but it is better than her playing less than her ability because she cannot swing properly, or even worse, it is better than her injuring the shoulder even more severely. Please, please, tell your coach and trainer as soon as your athlete gets injured.

2. Keep lifting!

- a. Even if you are injured, you should lift.
- b. Contralateral Training. This is a term that says, our bodies are super smart.
 - i. *It states that if I cannot do anything with my right arm, but I lift with my left arm, my injured arm will get stronger. Up to 50% or more.*
 - ii. *So, if you hurt your right leg, still lift with your right leg and of course lift all upper body and core.*
 - iii. *Lifting total body will help promote recovery.*

STRENGTH AND PERFORMANCE TRAINING:

1. Yes, this is what I do for a living, but your athlete needs it.
2. Find a reputable, nationally certified performance coach.
3. Have them develop a strength and conditioning program that your athlete will follow year -round, especially in season!
4. Build strength in season. I understand that improving volleyball skills is very important, but I feel that getting stronger is just as, if not, more important.
 - a. Improves performance. Get your athlete properly squatting and you will see their vert increase like never before.
 - b. Injury prevention. The best way to prevent injuries is to strength train. (see graphic)
 - c. Recover faster. If your athlete does get injured, she will get back on court faster than if she has been lifting weights.

So, parents, think you can do it? Can you help us coaches with helping your athlete to recover? I hope so.

If you would like more information or a personalized strength and conditioning program for you athlete or team, contact me at rrose@trueap.com.

Other Resources from TrueAP and Rob Rose: [Foam Roller Cheat Sheet](#)

[Shoulder Warm Up Cheat Sheet](#)