

**TIMES OF TRAINING**  
**VOLLEYBALL**

From May 29<sup>th</sup> to June 29<sup>th</sup>  
Desert Vista Weight room

**MONDAY – TUESDAY- THURSDAY**  
**8:30AM TO 9:30AM**

\*Sessions during the week will consist of training geared towards enhancing performance as an athlete on the volleyball court.

\*sessions will be 60 minutes each.

\*two separate facilities used to cut down on overcrowding.

\*technical instruction for new lifters.

***DO TO THE DIFFICULTIES WITH SOME CHECKS LAST YEAR. PLEASE POSSIBLY CONSIDER USING CASH OR CASHIERS CHECKS FOR PAYMENT THANK YOU***

**Camp cost:**

\$100 for 5 weeks

Payment to: **Doug Christofis**

**PAYMENT DUE: May 1 to**

**May 31, 2018**

**Or before please**

Send to: Desert Vista High School  
16440 South 32<sup>nd</sup> Street  
Phoenix, AZ 85048  
Att: Doug Christofis  
Or drop off in envelop at:  
Desert Vista HS in care of  
Doug Christofis

**Important Note**

It is with great confidence that I know if the athlete follows the code of conduct listed previously they will make gains. But they must do all of the codes not simply the ones they want to choose or the day that they choose to do them. It's an everyday thing **even when they are not with us**. If they followed every detail and have not made gains we have failed the athlete in our training.

If the athlete has not followed every code and every detail then the fault lies with them.

**Contact**

Please feel free to contact me at any time to discuss any detail pertaining to training and the development of the athlete in the realm of strength and conditioning.

dchristofis@tuhsd.k12.az.us

Coach Doug Christofis

"Coach C"



**\*\*\*\* All current DV athletes must be cleared through RegisterMyAthlete to participate in our camp. If the athlete is new to DV, he or she must have a valid sports physical (copy) which will be turned into Coach C on the 1<sup>st</sup> day.**

**REGISTRATION FORM**

Athlete name \_\_\_\_\_

Circle one: Freshman, sophomore,  
Junior, Senior

Sport \_\_\_\_\_

Home Phone \_\_\_\_\_

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

Work Phone \_\_\_\_\_

Emergency contact \_\_\_\_\_

Phone \_\_\_\_\_

\*All participants should be covered by their own insurance policies. It is understood that the Tempe Union H.S. district, Desert Vista H.S., Doug Christofis, , and/or staff of Doug Christofis are released from any and all claims, demands, and causes of action whatsoever in any way growing out of or resulting from participation in this clinic/camp.

*I hereby authorize the camp directors to seek medical attention if such attention is warranted.*

**Parent Signature** \_\_\_\_\_

*\*please list any medical restrictions on separate sheet and attach.*

# ARMORED ATHLETE

## PERFORMANCE & FITNESS

It is very important to understand the concept of a complete athlete. The mistake many times made is a focus on one element of training while neglecting others. One must look at all elements of training and ask the ever so important question, why am I doing this. It is never merely to get stronger, faster, leaner, bigger, etc.... but training ultimately should focus on enhancing performance in the playing arena. Thus it is important to develop complete programs that encompass components that will benefit the athlete in their sport of choice. It is not enough to ask an athlete to merely lift without giving them the proper formula. To simply tell them to lift or run is a disservice to them. It is also important to understand the differences between the components and use them in the appropriate manner. No matter what sport you participate in there are components that must be trained in order to be a complete athlete:

**Website:**  
**[sites.google.com/a/tuhsd.k12.az.us/armored-athlete/](https://sites.google.com/a/tuhsd.k12.az.us/armored-athlete/)**

Sponsored by:  
**ONE STOP NUTRITION**  
*Chandler blvd / 48<sup>th</sup> street*

### THE COMPLETE ATHLETES TRAINING MUST POSSESS MOVEMENTS TO MEET THESE

#### ELEMENTS:

POWER  
SPEED  
AGILITY  
STRENGTH  
MOBILITY  
STABILITY  
PRE-HAB  
FLEXIBILITY  
CORE STRENGTH  
CONDITIONING

#### ELEMENTS MET BY DOING THE FOLLOWING:

- Olympic style lifts,
- Variations of Olympic lifts, -Strength based lifts, Hypertrophy based lifts,
- Gymnastic rings, -Physioball work,
- Med ball work, -Kettle Bells, -Strong Bands, -Single limb movements,
- Imperfection lifts, -Total body movements (ex: farm boy).
- Speed body mechanics,
- speed dynamic drills, -Stance,
- Linear movement, non-linear movement, -Plyometrics, -Sprint loading,
- Over-speed, - Sand work,
- Agility ladder, -Cone drills,
- reactionary drills, -mini hurdle work
- Rope jumping,
- Extreme position static holds-Hip mobility movements.

### PURPOSE OF CAMP

All coaches at any level, high school to professional feel that the proper performance program is critical for athletic enhancement. We believe this to hold true and have developed a well-rounded camp covering all elements that will enhance performance through the high school and collegiate years, and beyond. Many of our athletes have gone on and have had much success at the next level in a variety of sports. ***If you speak with them they will tell you they were well prepared.*** Our mission is to:

- Build team accountability.
  - Teach movements.
  - Perfect movements.
- Increase all elements of the athlete.
- Educate our participants so they become self reliant and self motivated both in training and competition.

### CODE OF CONDUCT

#### For us it means:

- providing you with the best training available.
- motivating and pressing you to perform your best.

#### For you it means:

- paying attention to all details big and small.
  - being on time and consistent.
  - being motivated every workout.
  - looking to better yourself.
  - not wasting time.
- training with the proper intensity.
- listening to all that is expected
- .-taking care of the details outside of the camp.