



ST. HENRY DISTRICT HIGH SCHOOL

"Come as Many, Leave as One in Christ"

Hello SHDHS Volleyball players & parents,

My name is Ben Racke. I'm a passionate fitness/strength and conditioning professional.

I'm a husband/father to my beautiful wife Katie, 4 year old daughter Layla and my 2 year old son Oliver. Being a father and husband is extremely important to me and comes before everything else in my life. Being a dad/parent has allowed me to gain an incredible perspective on what it is truly like for a lot of my clients/athletes (and parents!) who are busy/hard working individuals.

When I was younger and first started coaching, I thought I "understood" clients who had busy lives/children. I was absolutely (and quite honestly, laughably) wrong. Being in that position has made me a much better/more empathetic coach/trainer.

Little background on me:

- I'm a certified strength and conditioning specialist (NSCA CSCS)
- I've been coaching for going on 8 years (over 7,000 sessions)
- I've trained clients/athletes from all ages - from 13 all the way up to folks in their 70's-80's AND a host of different sports including baseball, volleyball, basketball, football, track, swimming etc.
- Nothing brings me more joy than helping clients/athletes become a stronger/more confident (whatever the goal is) version of themselves

I look forward to helping your young athletes become their strongest, most resilient and HEALTHIEST self - AND (most importantly) to help create a positive environment that will help your athletes build a positive relationship with exercise that leads into the rest of their lives. If you have any questions about anything, don't hesitate to reach out to me via email btracke@gmail.com.

Goals/Outcomes for SHDHS Volleyball:

- Introduce basic plyometric patterns (skipping, leaping, hopping, bounding, sprinting) at lower intensities to build tissues/prepare the body for more intense jumping.
- Introduce basic strength training patterns (squat, hinge, single leg, upper push/pull) at lower intensities focused on eccentric/isometric tempos to learn movements and build tissue quality.
- Progress the above at appropriate rates from week to week/month to month to ensure we are progressing and not moving too quickly.
- Outcomes: "watch" to see if coordination is improving (eye test), track weight room numbers, jump mat vertical jump numbers and occasionally a timed sprint (monthly) to ensure each athlete is (over time) getting stronger, jumping better/higher, becoming more "reactive" with ground contacts and becoming a better overall athlete.

Agenda:

- Learn warm-up/basic light tier/deep tier plyos/getting "in-tune" with body and doing some "aliveness" drills
- Get in a little bit of acceleration volume (short sprints - competing - useful training stimulus even for volleyball)
- Main/Primary lift + main/primary high stim/ping tier plyo
- Accessory/Secondary lifts (upper body push/pull + secondary lower body exercise)
- Tertiary/"Isolation" Exercises (core/abs, hip flexors, hamstrings, adductors, shoulders/upper back/rotator cuff work etc.)

