

# JENKS Volleyball: Summer Strength and Conditioning



Jenks Volleyball will be conducting its Summer Strength and Conditioning training at the Helmerich Park Sand Volleyball Courts (71st & Riverside) under the expertise of Doug Decker, owner of Vertical Limit Fitness.

Doug is the only fitness professional in the city that plays, competes and has won, in both indoor and beach volleyball at the top level, with proven success in increasing strength, speed, agility and vertical jump in today's young players. Over the past 7 years of his training, he has helped a number of athletes receive collegiate scholarships in Volleyball.

He, and his team, will help each player improve at the game of volleyball through; teaching proper movement and jumping technique, increasing foot speed, and gaining strength. This is accomplished with progressive programming of training modalities and movements. The end result will be a stronger athlete who stays safer on the court, moves quicker and jumps higher than before.

**COST:** \$83 per student

**TIME and AGE:**

- 9-12<sup>th</sup> Grade – 7-8am
- 7-8<sup>th</sup> Grader – 8-9am

**DAYS:** Tuesdays/Thursdays\*

**DATES:** June 1 – August 3rd

**\*In the case of inclement weather, we will move to the next day, i.e. Tuesday to Wednesday, and Thursday to Friday, or into Doug's fitness center (1660 East 71<sup>st</sup> Street, Suite O)**

## About Doug Decker

- Owner and Trainer of Vertical Limit Fitness (2010-Present)
- Manager/trainer women's NCAA Volleyball - Oral Roberts University (1995-1997)
- Assistant Volleyball Coach - Bishop Kelly High School - State Champions (1998)
- Juniors Club Volleyball Coach (1996-1999)
- High School/Junior College Volleyball Referee (1997-98)
- Private skills instructor to individual High School Volleyball players
- Strength, Agility and Vertical Jump instructor to High School Volleyball players
- Strength and Conditioning Coach for Ultimate Performance Club Volleyball
- United States Volleyball Association competitor
- AVP Next Competitor
- Guest Speaker for Fellowship of Christian Athletes (FCA) – Bixby High School
- Guest Speaker for Local Heroes program through OSU-Tulsa GEAR-UP
- Guest Speaker for Summer Youth Institute through Tulsa Community College
- Lead facilitator for Youth Leadership workshops and initiatives through the Building Community Institute (BCI)
- Co-facilitator/trainer for Professional Learning Workshops with The Freemount Corporation (Leadership, Diversity)

