



## Shawn Myszka presents “The Ins and Outs of Volleyball Jumping”

### **Background**

Shawn Myszka is currently the Athletic Performance Director of Explosive Edge Athletics in Eden Prairie, Minnesota, which currently trains many of the top volleyball players in the state in Minnesota on all levels. In addition, Shawn serves as a consultant to coaches at numerous volleyball programs throughout the state. Shawn is very well known and highly sought-after jump clinician who has quickly become a leader in the field of jump training, plyometrics, and power development throughout the industry. He is a frequent presenter at strength coach and sports-specific conferences nationwide. Shawn, who is the Founder of the Plyometrics/Jump Training Special Interest Group has also recently developed the first-ever Jump Training Certification designed for coaches looking to specialize in training to increase jump performance. In addition, Shawn was voted the 2008 Minnesota NSCA Trainer of the Year. 1st Alliance welcomes Sean on May 14th and 15th as he trains our coaches and players on jump training techniques.

**When:** Coach’s Clinic Friday, May 14<sup>th</sup> 6 - 9pm  
Player’s Clinic Saturday, May 15<sup>th</sup> 12:30-3:30pm

**Where:** Lyons Township High School South Campus  
4900 S. Willow Springs Rd Western Springs, Illinois 60558

**What:** The Ins and Outs of Volleyball Jumping [Jump Training Clinic]

**Who:** Players will be notified via their team schedule  
[http://www.1stalliancevbc.net/teams\\_1stalliance.aspx](http://www.1stalliancevbc.net/teams_1stalliance.aspx)