



Personal Training

The Program:

The focus of the training sessions will be on the following:

- Functional movement screen (to help create a program tailored to the athletes individual needs)
- Injury prevention (strong emphasis on shoulder care, back care, and knee care)
- Proper movement mechanics, warm ups, cool downs
- Explosive Power (Olympic lifts, plyometrics, sleds, med ball throws)
- Speed (Moving linearly and laterally safely and efficiently)
- Strength (Upper Body, Lower Body, Core)
- Conditioning (sport specific conditioning)
- Flexibility (proper foam rolling and muscle activation techniques)
- Nutrition Education (lessons and tips on how to approach decisions regarding nutrition)

Through countless years as an athlete and coach, Jeff has seen countless players deal with injuries that could have been prevented, or players who have great potential but lack the strength and movement efficiency required to be successful at the elite level. Through training with Coach Steinberg in the summer, your son or daughter will be guided through an individualized program with a strong emphasis on proper form and technique to prepare them not only for their upcoming season, but to be healthier in their day to day life as well. No previous experience with exercising is required. Your son or daughter will learn everything he or she needs to know when training with Coach Steinberg!

Meet the Trainer: Jeff Steinberg

- Physical Education, Health Education Teacher at Benet Academy
- Benet Volleyball: Boys' Head, Assistant Varsity Girls, Strength and Conditioning Coach
- Degrees (University of Illinois Urbana-Champaign)
 - Master of Science in Kinesiology, Bachelor of Science in Kinesiology
 - Focus: Physical education, human movement, nutrition
- Additional Certifications
 - CFSC (Certified Functional Strength Coach) ***One of top recognized personal training certifications
 - Functional Movement Screen Certified
- Experience with other sports (playing and coaching)
 - Soccer, Basketball, Baseball, Tennis, Football, Lacrosse

Personal Training:

All athletes will go through the Functional Movement Screen at their first session to see how they move and to help individualize their program to their needs. An assessment will also be done at the midpoint and end of summer to check progress.

Personal training will be done in a small group format. There will never be more than 4 athletes training together. The small group method works well because it creates a fun environment for training, and it allows Jeff to provide all athletes with individual attention and proper feedback.

Each training session will last no more than 90 minutes at Benet Academy. Training will be offered Monday through Thursday, and the hours available are flexible to the player's schedule (6am – 4pm). This will go from the first week of summer, the week of June 10th, until the last week of summer, August 12th.

Pricing:

Individual Sign Up	Signing Up with a Friend	**For more information and to schedule, please contact Jeff Steinberg: Email: jsteinberg@benet.org Phone: 847-306-0772
Price per session: \$50 **If buy 10 sessions: \$400 **If buy 20 sessions: \$750	Price per session: \$40 per player **If buy 10 sessions: \$300 each **If buy 20 sessions: \$550 each	
**For greatest improvements, it is recommended to train 2-3 times per week. I know people go on vacations and I can accommodate your schedules. More specials can be offered based on number of sessions being purchased and frequency of training.		



BENET ACADEMY CAMPS

Last Summer Testimonials:

"I worked with Coach over the summer and I improved a ton! Coach really helped me learn the proper form for each exercise and how the exercise would benefit me. He improved all of my stats in the three months I worked with him. I highly recommend that everyone works with Coach Steinberg."

"My son has always been tall and quite thin. So when he asked me if he could start training with Jeff, I recall thinking that it would take a long time for my son's particular anatomy/physiology to reveal visible muscle tone. Additionally, our busy summer schedule only allowed for two sessions a week, some weeks only one. To my surprise, I could see the definition in his legs, arms and shoulders before the end of summer, even on his limited training schedule. Additionally, his vertical jump increased 2.5" in just a few months! The best part is that my son looked forward to his time with Jeff. I would not hesitate to recommend this camp. There are many personal trainers that have questionable certifications. Jeff's credentials speak for themselves, as do the results."

"Jeff sees the trainee as a whole person. It is not just about weight training. Jeff focuses on educating the trainee regarding form, nutrition, kinesiology, and personalizes training with individual, manageable goals that kept my son focused and inspired. Working with Jeff has been the most positive experience because my son has taken what he has learned and now trains regularly on his own. My son has improved his nutrition far beyond anything he would have done on his own. Most of all, my son's health and confidence have been forever changed. Thank you, Jeff!"

"All 3 of my children have worked with Jeff, either as a PE teacher or as a trainer. They all respect and admire him and say he has exceptional knowledge of the human body. All three children have had personal trainers that they have worked with in the past and they say Jeff is head and shoulders above the rest. He makes working out fun...until the next day when you have muscle groups that are sore that you didn't even know existed! ☆☆☆☆ all the way around!"

My daughter worked with Jeff over the summer and saw results very quickly. She would come home exhausted, but said she felt great. She also clicked with him on a personal level, which was great to hear. We like his education background, and his focus on warm-up and technique. He was also flexible about her working out alone or with a partner. She is looking forward to training with him once the high school season ends. Her desire to go back should serve as a strong recommendation that he is really good at what he does."

Coach Steinberg looks forward to working with you this summer and helping you reach your goals!!!