

Brentwood Lacrosse Strength and Conditioning

Andy Van Grinsven

Strength, Conditioning, Pre-habilitation

Bio:

Andy Van Grinsven is a Nashville-based strength and conditioning coach, with several years of experience working with various age levels and abilities. He grew up in the Brentwood area, and played lacrosse for Coach Catterton and Coach Skiera at Brentwood High School. After completing his Bachelor's in Exercise Science, he went on to complete his Master's in Exercise Physiology. He is certified by the National Strength and Conditioning Association, and has worked with middle- and high-school level athletes for the last three years.

Areas of Fitness Expertise:

Movement Prep

Fat Loss/Muscle Gain

Mobility/Flexibility

Strength Development

Improving Posture

Improving daily function

Improving Movement Mechanics

Increasing endurance

Reducing Pain and dysfunction

Improving sports performance

For an athlete to perform well in their sport, they must possess both skill and a great level of strength. **Strength is the basis for performance.** Strength, or the ability to produce force, is vital to the peak performance of an athlete. Strength allows for the expression of speed and power; improves an athlete's agility and quickness; and protects an athlete from outside forces, like an opposing athlete.

Skill alone will only get an athlete so far. Once that athlete develops a great deal of relative strength, the athlete can then run faster, cut with conviction, shoot harder, and outlast the competition.

Course of Action:

- 1. Develop proper movement mechanics: develop basic strength movements, including pushing, pulling, and carrying; emphasize CORE strength to protect the athlete*
- 2. Safely and consistently provide overload stimulus to drive strength and power adaptations*
- 3. Begin expressing power*
- 4. Use strength and power development to improve speed and agility*

If you have any further questions, please call or email "Coach G" at 615-804-8250 or avangrin@gmail.com