Praise for

THE COACH'S STRENGTH TRAINING PLAYBOOK

The tier system is a versatile vehicle that helped me provide a functional athletic-based training program to high school athletes. Over a four-year period at two different private schools in Atlanta, GA, the teams I worked with won over 10 state championships utilizing the Ser system. The tier system, plus hardworking athletes, gave us an extra edge every day in training.

Rich Gray Director of Operations Velocity Sports Performance

As the strength and conditioning coach at Emory & Henry and Wartburg College, I used the ter system methodology to create a training system that could meet all the demands of each team in our department. Our coaches and players loved it. It makes them focus on what you determine to be the most important emphasis of the session and the results follow.

Jack Ginn Assistant Football Coach Shepherd College

Using the tier system approach to strength training allowed me to become more durable throughout a tough track season. This system also helped me become stronger than ever before. I give a lot of credit to my strength gains in the weight room for making me a world champion and the best long jumper in the world today.

Dwight Phillips 2003 World Champion - Long Jump

This "playbook" represents the most in-depth and practical compilation of knowledge and professional experience I have seen concerning strength training. It will be a valuable tool for coaches, strength and conditioning professionals, and exercise science students as they learn both the theory and application of advanced training methods.

> Matthew Rhea, M.S. Instructor, Department of Exercise and Wellness Artrona State University



Joe Kenn





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