

## REGISTRATION

All registration for JETSTRONG Strength and Conditioning will be handled online ONLY at [WWW.JETVOLLEYBALL.COM](http://WWW.JETVOLLEYBALL.COM)

### JETSTRONG

#### Strength and Conditioning

- JETSTRONG Strength and Conditioning is offered for all current JET Volleyball athletes.
- Monthly sessions are once a week.
- **Monthly cost is \$80.00.**
- There will be no pro-rating for any missed training sessions.
- If your athlete will miss a session, please notify Gold's Gym contacts at least one hour before your scheduled time.
- All payments for the current month must be paid at the time of registration online.
- Current dates and times available:
  - Mondays 6-7 p.m.
  - Thursdays 6-7 p.m.
- Each session will include 2-3 trainers and will max out at 18 athletes.
- A few training materials may be required for the monthly sessions.
- Athletes must register for this program during the monthly registration window as no additional athletes will be added throughout the month.

*Registration for this program will be accepted on a first-come, first served basis. Additional days and times will be available pending demand.*

## CONTACT INFORMATION

JETSTRONG STRENGTH AND  
CONDITIONING GOLD'S GYM  
ONSITE CONTACT:

*Jake Bevington*  
806-584-4932

[jacob.bevington@yahoo.com](mailto:jacob.bevington@yahoo.com)

*Mason Bannavong*  
806-418-9581

[Mbannavongtraining@gmail.com](mailto:Mbannavongtraining@gmail.com)

JET VOLLEYBALL CONTACT:

*Jess Evers*  
806-433-0320

[jess@jetvolleyball.com](mailto:jess@jetvolleyball.com)

FOLLOW JET VOLLEYBALL  
ON FACEBOOK AT:  
JET VOLLEYBALL



GOLD'S GYM  
3000 BLACKBURN ST.  
AMARILLO, TX  
(806) 359-5438

WWW.JETVOLLEYBALL.COM



\*JETSTRONG IS AVAILABLE TO CURRENT  
JET ATHLETES ONLY

## ABOUT JETSTRONG

JET Volleyball has partnered with Gold's Gym to develop a volleyball specific training program for our athletes. This program is designed to improve: vertical leaping, quickness, core strength, movement, strength, and overall volleyball fitness. JET Volleyball is the first club in our area to do something of this magnitude and will truly elevate our athlete's performance.

Our JET athletes will be working with elite trainers for one hour each. JET staff has worked closely with Gold's Gym to develop a top notch program specifically designed for our club.

## MEET THE JETSTRONG TRAINERS



### Mason Bannavong

I became a trainer because of the amount of impact and change you can have on an individual through fitness motivates me. I am a former football and track athlete myself before receiving my degree in Sports and Exercise Science at WTAMU. I have been training all types of athletes and customers since 2013. I am the current national record holder in the *NASA Retro* 181 lbs. class for deadlift at 617 lbs. I am excited about working with JET athletes in the new JETSTRONG program because I will be able to help develop the athlete by increasing their performance through fundamentals that I feel are key for them.



### Jake Bevington

I became a trainer because of my love for health and wellness as well as a desire to help people. My philosophy focuses on continual, lifelong learning as I work towards enhancing the well-being of my clients. I have been a certified personal trainer for the past nine years. I have spent the past seven years as a trainer here at Gold's Gym where I have worked with hundreds of clients including college athletes. I am also very involved within the sports world where I have coached wrestling and football. The most exciting aspect of the new JETSTRONG program is the positive impact we will make on these young athletes.



### Ralph Roberts

I became a trainer because I always believed in a healthy and fit lifestyle so I just wanted to help people and create an IMPACT in the industry to help change the world. I graduated from the University of North Carolina at Chapel Hill where I played baseball. I also played pro baseball for 10 years, seven with the *Atlanta Braves* and three with the *Amarillo Dillas*. I hold three national certifications as a personal trainer as well as a performance enhancement specialist and a corrective exercise specialist certification. I am also a certified *Trx* trainer and a certified *Bosu* trainer. I finished 10th in *Men's Health Next Top Trainer* contest. In 2017, I became part of the *Men's Health* magazine fitness council where I feature an article, once a month. I am also a member of *Todd Durkin's Mastermind* where we pride ourselves on being the top coaches in the industry. In 2017, I also finished as a finalist for national trainer of the year. For six years I was the fitness correspondent for *Channel 7* and right now I am the fitness correspondent for *Studio 4*. I am also a best selling author with the book [10 Series of Strong Living](#) where I co-authored with others to tell our story. I train many local athletes daily and I have trained notable athletes like *Drew Brees*, *Darren Sproils*, *Cam Newton*, and the *Dancing with the Stars* cast members just to name a few. I am excited about the JETSTRONG program as it will take every athlete to the next level physically and mentally.