

## NEVBC x UDF Team **VIRTUAL** Workout Schedule

Day	Time	Teams	UDF Coach	Link to Join
Monday	4:30 pm – 5:30PM	Girls 13 Club, 14 Club, 15 Club, 16 Club, & 17 Club	Coach Carl Coach Dylan	<a href="#">Private Room 4</a>
Monday	5:30 pm – 6:30PM	All Boys Teams	Coach Dylan Coach Bobby	<a href="#">Private Room 4</a>
Tuesday	4:30 pm – 5:30PM	Girls 13 Club, 14 Club, 14 Open, & 15 Open	Coach Carl Coach Kate	<a href="#">Private Room 4</a>
Thursday	4:00 - 5:00 PM	Girls 15 Club, 16 Open, & 17 Open	Coach Carl Coach Kate	<a href="#">Private Room 4</a>
Friday	4:30 - 5:30 PM	Girls 16 Club, 17 Club & 18 Open	Coach Bobby Coach Kate	<a href="#">Private Room 4</a>

If you can't attend a scheduled team workout, let your head coach know ahead of time and attend any other VIRTUAL workout OR do an On Demand workout (info below)!

## NEVBC x UDF - **WEIGHT ROOM** Workout Schedule

Day	Time	Teams	UDF Coach	Location
Monday	6:00 pm – 7:00PM	Girls 15 Open	Coach Kate	NEVBC Weight Room
Wednesday	3:45 pm – 4:45PM	Girls 17 Open	Coach Carl	NEVBC Weight Room
Wednesday	5:00 pm – 6:00PM	Girls 18 Open	Coach Carl	NEVBC Weight Room
Wednesday	6:15 pm – 7:15PM	Girls 16 Open	Coach Carl	NEVBC Weight Room
Wednesday	6:00 pm – 7:00PM	Girls 14 Open	Coach Kate	NEVBC Court 3

## UDF Coach Contact Info

Name	Cell	Email
Coach Carl	203-273-2993	<a href="mailto:cbattinelli@upperdeckfitness.com">cbattinelli@upperdeckfitness.com</a>
Coach Kate	303-913-2104	<a href="mailto:Koakesdu2@gmail.com">Koakesdu2@gmail.com</a>
Coach Bobby	413-426-2192	<a href="mailto:raila.dylan@gmail.com">raila.dylan@gmail.com</a>
Coach Dylan	203-644-6497	<a href="mailto:robert.a.paul3@gmail.com">robert.a.paul3@gmail.com</a>

## NEVBC x UDF Virtual Workouts

Upper Deck Fitness' Virtual Training Platform will continue to keep our teams strong, fit, and connected during our season. With UDF's [Eyes on You Technology](#), your team workouts will have *two coaches* - one leading the workout, and one who has their eyes on all athletes, providing personalized feedback and encouragement in *real-time*.

### **How to Access Your Virtual Workouts with UDF:**

Download UDF's VidyConnect app [HERE](#) and then click the Room Portal Link [HERE](#) OR Open your web browser and click the link for "[Private Room 4](#)" for every workout.

## How to Get the Most of Your At-Home Workout with UDF:

- Use a laptop or tablet for better video quality
- Place your laptop 6 feet away from you so the Virtual Coach can see your profile and provide feedback
- Get your space set up before your workout starts so you can join on time
- Complete the [UDF Volleyball-Specific Warm-Up](#) exercises ahead of time (*password: NEVBCxUDF2020*)
- Use resistance(i.e. free weights, kettlebells, medicine balls, etc.) if they are accessible in your home
- If no weights are available, both UDF coaches are prepared to provide modifications

## UDF On Demand Workouts

Athletes and their families have access to [UDF's On-Demand workouts](#), which are pre-recorded so you can work out ANYTIME. There are **6 password-protected On-Demand workouts to choose from monthly**. The password for January is "**startsomewhere**" (it resets the first Sunday of each month, and will be sent out to athletes monthly!).

- **4 Badass & Beautiful® workouts**, which are strength-based with the mindfulness of yoga,
- **2 Go with the Flow workouts**, which will give you the chance to recover, releasing both your body and mind through a floor-based stretch.

## Custom UDF x NEVBC Content

UDF has also created custom content for our NEVBC Club Athletes, including a sport-specific warm-up and cool down routine and an at-home performance assessment. More content coming soon!

- **Custom [UDF Volleyball-Specific Warm-Up](#) (password: NEVBCxUDF2020):** This is a custom warm-up/cool down routine for before and after your UDF workouts and practice. Get familiar with these exercises and come in a few minutes early to do some of them before your small group training or team practice!
- **Custom [NEVBC At-Home Performance Assessment](#) (password: NEVBCxUDF2020):** Since we can't do our first Performance Assessment in person, Coach Carl has created this at-home performance assessment to give you a sense of your baseline strength and mobility. All athletes will need to complete this!

---

**Questions? Athletes and parents are encouraged to get in touch with Coach Carl!**

Carl Battinelli CSCS, TSAF-F, CP-S, USAW

UDF Training Director

Cell : 203.273.2993 / Email : [cbattinelli@upperdeckfitness.com](mailto:cbattinelli@upperdeckfitness.com)