

2020-2021

PROFESSIONAL

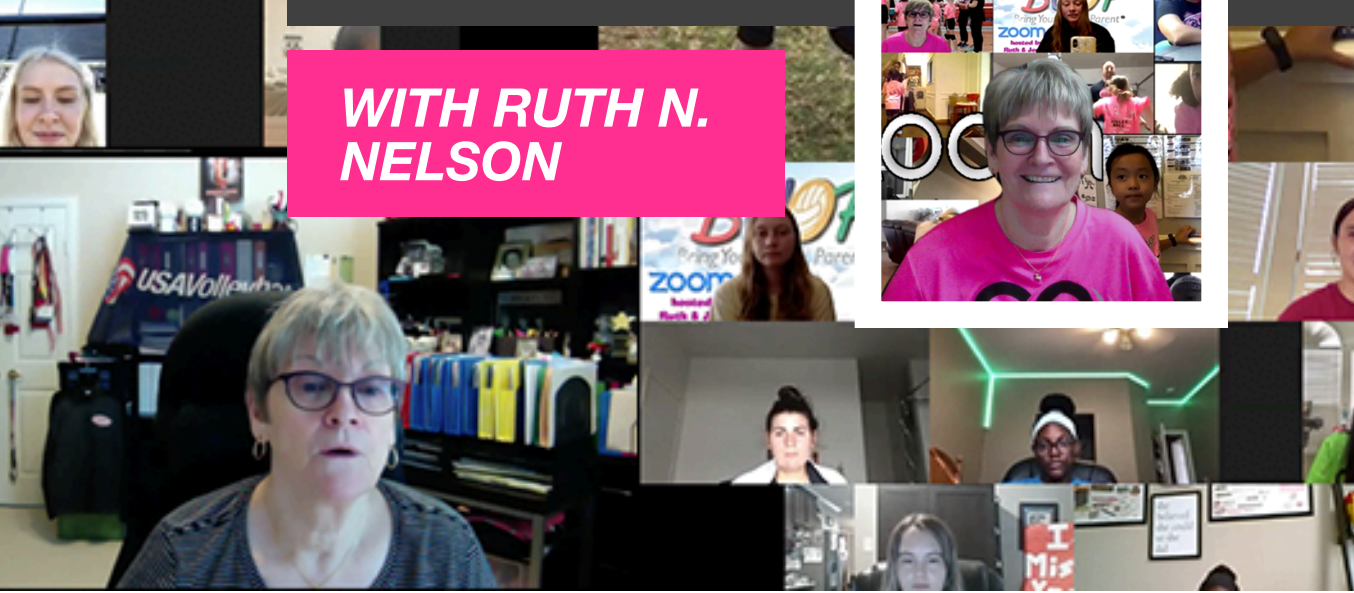
ZOOM

TRAINING

WWW.RNNTRAINING.COM



WITH RUTH N. NELSON



BYOP® / GKYS™

Nelson trains all ages of volleyball players and has specialized in ages 10 and under since 2000 when she developed the Bring Your Own Parent® program. GoKids Youth Sports™ was created in 2017 as a certification program to train teachers, parents and coaches that have the desire to learn the skills and progressions for training this age group without parents on the court.

HOME TRAINING PROGRAM SERIES™ (HTPS™)

HTPS™ online course was created by Nelson and is hosted by Art of Coaching (educational partner since 2013. Program designed for ages 10 & under that allows players to work on exercises, movement skills and basic fundamental of volleyball.



NART™

Nelson Aquatic Resistance Training™ is a certification created by Nelson in early 70's and is backed by research showing how all players (no matter what age) should be working on NART™ to avoid injuries, use for rehab and improve explosive power.



1-ON-1 TRAINING

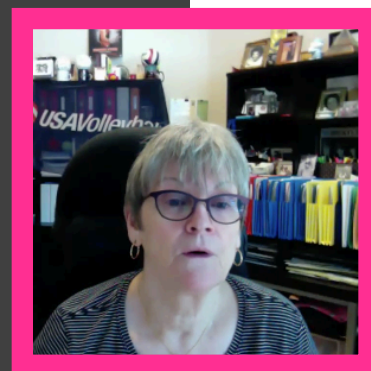
Ruth can analyze and assist you in developing your skills whether you are on the court with her on ZOOM, or she is on ZOOM with you viewing your taped sessions.

COACHES TRAINING

Nelson assists and mentors many college coaches from D1, D2, D3, NAIA and junior club directors by focusing on how to enhance their program and players to capitalize on their strengths for ultimate performance and success.

GKYS™, HTPS™ & BYOP® CERTIFICATIONS

Become a GKYS™ Skills Trainer and/or a HTPS™ Trainer by completing two courses online, demonstrate teaching skills online, complete an application and submit fees. BYOP® certification is an in-person (18-20 hours) certification program.



PROFESSIONAL

ABOUT NELSON

Innovator, teacher, motivator, sports marketer, fundraiser and visionary who put athlete opportunities first, **Ruth N. Nelson** has gained over 40 years of experience that encompasses successful coaching (16 years at the collegiate level: George Williams College, University of Houston, Louisiana State University and the University of Iowa) with a total of over 500 wins. She also had 3 University of Houston Players (Hyman; Crockett and Magers) start on the 1984 Olympic Team and was the pioneer in the recruitment of minority athletes in the 70s. 5-time Olympian Danielle Scott was part of her first junior club program in Baton Rouge, LA (Baton Rouge Volleyball Club). In addition, Nelson was a USA National Team Player, USA National Team Assistant Coach, USA National Team Technical Advisor, USA Junior National Team Head Coach, USA World University Games Head Coach and Dallas Belles Major League Volleyball Professional Team Head Coach. Nelson was Head Coach of USA Volleyball Senior A2 Team (now the A2 Collegiate Team).



WHO HAS SHE TRAINED?



WHO

Will be the next bright star?



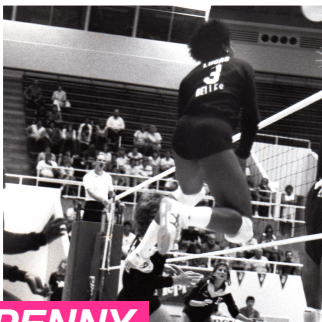
EBBS

Nwanebu - USC, Texas - Professional



MK

Mary Kate Marshall Oregon State - Pro



PENNY

Lucas-White USA National Team • LSU



RITA

Crockett - Buck 1984 Olympics • Houston



ROSE

Magers-Powell 1984 Olympics • Houston



FLO

Hyman - 1984 Olympics • Houston



SHERRYL

Moore - USA National Team • Houston



DEBBIE & DARLENE

Meyer & Sokol Rookie Team • Houston

EXPERT AT EVERY AGE



Assistant Coach, USA National Team, Head Coach World University Games, Head Coach Junior National Team, Head Coach A2 Collegiate Team

NELSON TRAINS ALL AGES

Nelson is humbled and honored to have had the opportunity to work with so many great kids and athletes. What has been most meaningful has been to take a moment and reflect on all the young women whom she has had the pleasure of teaching, coaching and mentoring and to see how far they have come ... they have become Olympians; they have become coaches; they have become teachers ... when they could not conceive of those possibilities!

Successful coaching, innovations, abilities and honors

She co-founded the Collegiate Athlete Educational Program (CAEP). The mission is to provide education, information, and the tools enabling parent(s) or legal guardian(s) and potential collegiate student-athletes (sons or daughters) the opportunity to make the best decision in the selection of a college. Nelson believes that student-athletes and their parents, who want to fulfill their daughter's or son's dreams of attending college, competing in sports and earning a degree, should have the opportunity to learn, become informed and be provided the best education and support possible so that their dreams can be fulfilled.

OUR LEADER

Innovations have included:

The creation and development of the recent **GoKids Youth Sports™** (GKYS™) Certification Program for ages 7 and under and 8 and up, the **Bring Your Own Parent®** (BYOP®) Program for ages 10 and under, the **Nelson Aquatics Resistance Training™** (NART™) Program and the MVP Specialized Training Program (Jump Like an Olympian™). Over the past 20 years, Nelson has specialized in training 3-10 year olds in her BYOP® Program and GKYS™. Ebony Nwanebu, All-American starter at USC and Texas, was one of Nelson's first BYOP® players at age 4½. Others have included Mary Kate Marshall, PAC 12 Freshman of the Year at Oregon State; still others have progressed to be successful at Cornell, Georgetown, Columbia, Binghamton, Barry, Belmont, Indiana Wesleyan, Newman and Midwestern State.

Nelson's abilities include:

Not only analyzing individual fundamental skills, but also teaching effective decision-making and the execution of tactics within game strategies; unlocking athletes' capabilities, developing their self-esteem and self-confidence and

performance under pressure; jump training (yielding increased height in jumps and improved performance without injuries) and evaluating teams at any level of competition. Since her "Statistical Analysis of Passing and Serving" in her Master's thesis, she has gathered data for ages 4-10 in jumping by utilizing the VERT technology. In addition, she has tested different sizes, textures, colors, and weights for the new line of BYOP® and GKYS™ approved volleyballs for 10U players.

Among her honors,

Nelson has received two prestigious awards from USA Volleyball. In 2011 she received the All-time Great Coach Award – Pioneer Division in the Hall of Fame. In 1996 she received the George J. Fisher Volleyball Award for significant service rendered to the sport of volleyball for at least 20 years. In 2013 Nelson was inducted into the University of Northern Colorado Hall of Fame as a 5-sport athlete. In 2014 she was inducted into the AVCA Hall of Fame. Most recently, Nelson was selected to give the acceptance speech for Flo Hyman's induction into the Texas Sports Hall of Fame and the Southern California Indoor Volleyball Hall of Fame.

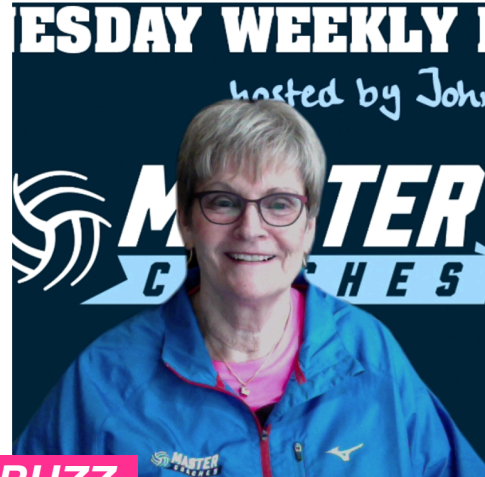
GUEST AT EVERY LEVEL



ACTION

[BYOP® Podcast Series](#)

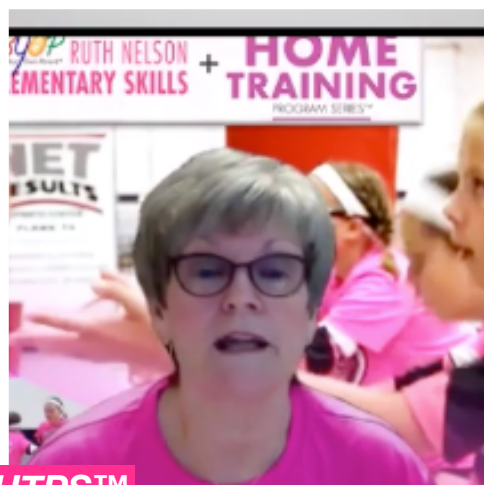
Hosted by Dave Briglio and features interviews with college coaches, parents, influencers, Olympians, players & instructors.



BUZZ

[MasterCoaches Weekly BUZZ](#)

Mick Haley, Brian Gimmillaro Bob Bertucci and Ruth N. Nelson address trends, current issues & weekly interviews with leaders in volleyball.



HTPS™

[Art of Coaching Virtual Clinics](#)

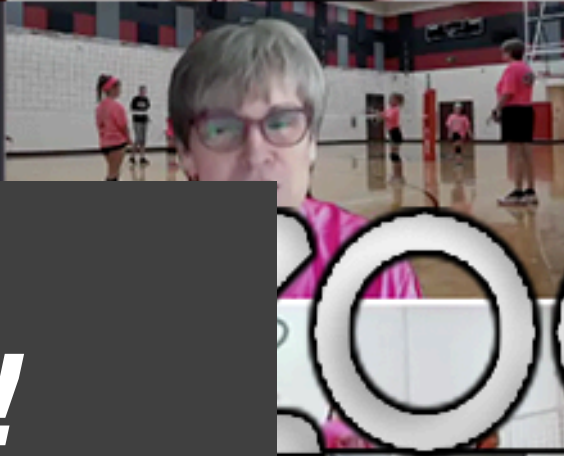
AOC share Nelson's Virtual Home Training Program with a live demonstration by Lovejoy BYOP® player & parent.



RNN

[Innovative in RNN ZOOM training](#)

Nelson takes the lead as she continues training BYOP® Virtually during COVID-19. Nelson at the front leading by example!



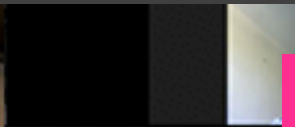
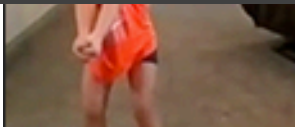
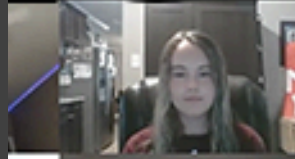
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