

Q & A with Vern Gambetta:

1. **Of all your extensive accomplishments, which one are you the most proud?**

Standing the test of time. Seeing the concepts and ideas that I have pioneered and having them now be commonly accepted (Hope that does not sound too egotistical). Also, the great people I have been able to work with and learn from.

2. **Who are some of your mentors in the strength training field and in life?**

Most of my mentors have been outside of S&C coaching. Dr Joe Vigil, Bill Bowerman, Marshall Clark, my high school basketball coach and of course my parents.

3. **What is the most significant memory in your sports career?**

Beating favored Stanford in my last dual swim meet at Cal in 1982.

4. **To what do you attribute your success and the success of Gambetta Training Systems?**

Simple systematic, sequential, and progressive approach that is based on sound sports science and practical experience.

5. **What are the most common mistakes that you see athletes make with regards to training?**

Doing too much too soon. Following fads and looking for quick fixes and instant results.

6. **What is the one exercise that all athletes should be doing?**

Some type of squatting. It is the best all around leg exercise because we work and play on our legs.

7. **What exercises can you do with the Circuit Trainer?**

No limit. I use it in strength training and in conditioning. Also, the Circuit Trainer can be used for technique drills. For example, with volleyball we set the time for 5 seconds work and ten seconds rest. They have to get three jumps in five seconds touching six inches above the net. This is a great drill for power endurance and jumping technique, especially when they are tired.

8. **How do you explain your program to your athletes so that they understand what they are doing?**

Pretty straightforward. I try to connect everything to the sport they are training for. Emphasis on training movements, not muscles. I try to tap into the wisdom of the body, and turn them loose to explore and test their limits.

9. **Do you notice any differences in approach between professional athletes and competitors at the lower levels?**

Actually my high school girls volleyball is the most professional team I have worked with in my 40 year career. They get it and they go for it. Sometimes professionals try to be too cool. They also have too many people giving them input that can be very confusing.

10. **Do you train more than just competing athletes?**

No, but my mission at this point in my career is to coach coaches and to teach the teachers.

