

The background of the entire image is a stylized American flag, with the stars and stripes visible. The top half is mostly white with blue stars, and the bottom half is red and white stripes.

Rett Larson @rettasaurus



Coach Rett Larson is Team Netherlands Womens Volleyball Head of Strength and Conditioning since 2018. Before that he confesses as being known as "the China guy", being there for 7.5 years, training a bunch of Olympic and World Championship Gold medallists. Apart from that, he confesses that "possibly what makes him different from other coaches is that he's kind of got married to the idea of working abroad, recognising that there are so many wonderful advantages to living and working in another country."

For a guy that doesn't take himself so seriously, or S&C so seriously, he has an envious, world-class capability to connect and effect change with individuals and organisations. His presentations have always provoked thought away from the dogma of what physical preparation usually looks like.

Rett co-presents with Greg Dea on the topic: "Re-designing your warm-up to increase effectiveness through cooperative strength & physical therapy."