

Strength and Conditioning Program

“Strength and growth come only through continuous effort and struggle.”

A major priority in a program is physical development. We will constantly work on strength, speed, and power development. In-season development is just as crucial as off-season development to sustain success.

*******All Program Physical Development*******

The fitness formula for a well-conditioned student-athlete is a simple one. There are no shortcuts; no magic pills or potions. A long-term commitment is necessary to reach and maintain your full physical potential. Many athletes can be disciplined for a single workout, a week, or a month. The commitment of a true athlete is maintaining that discipline for his or her entire career. An athlete must invest most of his or her time studying, practicing, and playing. The amount of time and energy available to recover from lifting and running is limited. Our goal is to provide our players with a program that is safe, efficient, and compatible with the physical needs of an elite athlete. The fitness profile of an athlete is made up of seven components. We must address each of these components individually.

Components of an Athlete’s Fitness Profile

1. Nutrition
2. Conditioning
3. Speed & Quickness Training
4. Skill Development
5. Flexibility
6. Muscular Fitness
7. Rest

Physical Essentials of our Strength & Conditioning Program:

1. Strength training
2. Power and explosion
3. Speed training
4. Unilateral/Bilateral movements
5. Exercise variation
6. Balance and core strength
7. Flexibility training

“You don’t inspire your teammates by showing them how amazing you are. You inspire them by showing them how amazing they are.”

Off-Season Training Overview:

1. Strength training 4 days per week with Wednesday being a rest day.
2. 8-week strength cycles with testing at the end of each cycle.
3. Speed and power training half the period.
4. Mental toughness - Learning to defeat negative thoughts with positive visualization.
5. Intensity - Make the uncomfortable, comfortable.
6. Unity - Learn to be a great teammate. Hold teammates accountable.
7. Compete - Learn to overcome adversity. Everything is a competition.