

Unity Christian Junior High Strength and Speed Development Program

Program Overview

This program is intended for every athlete in grades 7 and 8 and is an introduction to training procedures and techniques that will help in the overall development of each person as they go through Unity. Our goal is to have every athlete walk away with an increased confidence, and an understanding of what they are physically capable of. Our sessions will be a great learning platform, fast paced, and fun. Your son or daughter does not need to be at every session to sign up but we will work using a progression of patterns and concepts so being at every session will be the most beneficial.

The program will be lead by Adam Conway and assisted by Josh VanKempen (Head Football Coach) and Ike VanKempen. Adam is a highly qualified strength and conditioning coach who has multiple years of experience at the college, high school and middle school levels.

Adam Conway-MA, CSCS

8 Years of Collegiate Strength & Conditioning Experience

5 Years Head Strength & Conditioning Coach at Dordt College

3 Years Experience Working with Middle School/High School Athletes

National Strength & Conditioning Association, Certified Coach

Foundations of the Program

1. The weight room and off-season development is where culture, work ethic, and self-esteem get built and reinforced. Through partner exercises, competition, and hard work we will establish a positive foundation for the athletes moving forward in their athletic careers.
2. All athletes are unique, all need to be evaluated, and taught how to lift, run, and move effectively. We will take every athlete through a movement screen and identify areas that need improvement that are specific to them.
3. Deficiencies and precursors to injury can be addressed in training before an injury occurs. Through the movement screen and constant evaluation we will target areas for improvement and strengthen weaknesses that will keep the athletes in their sport and will help prevent minor problems from becoming major ones.
4. We have to move well, before we move fast or move anything heavy. Developing proper motor patterns and movement through all planes is essential for athletic development. We will do this by teaching specific movements, form, and technique. We will develop these habits in controlled environments so they are prepared for the uncontrolled environment of sports. This will include an emphasis on agility, change of direction, speed, and action/perception drills.
5. A simple and realistic nutrition/recovery plan that can be implemented will have a tremendous impact of athletic development, even more so than training itself. We will educate and have open dialogue about proper ways to fuel and take care of the athlete's health.

Cost

The cost is \$30.00 total (not per session) and wont be prorated if your son/daughter misses a session.

If you have any questions please contact Josh VanKempen at: jvankempen@unitychristian.net

Calendar

March 26-May 9

Meet Every Tuesday & Thursday from 6:00-7:25 pm @ Unity

Program Outline

Stage 1- March 26- April 11

- Focus on Speed & Change of Direction
- Teach Fundamentals of Lifting- Safety, Technique, Spot Protocol
- Body Weight and Light Lifting Exercises (Pushups, Pullups, Squats)
- Basics of Nutrition

Stage 2- April 16- May 2

- Focus on Agility, Action/Perception, Problem Solving in Space
- Add Foundational Lifts (Bench, Front Squat, Weighted Bars)
- Progress Through Basics of Olympic Lift Techniques (Clean, DB Snatch)
- Basics of Sleep & Recovery

Stage 3- May 7 - May 9

- Build on Foundation of Movements & Increase Complexity of Problem Solving
- Add Accessory Lifts and Techniques
- Increase Volume of Lifts

To sign up fill out the form below and return it to Unity Christian High School along with the \$30.00

Deadline to sign up is March 19

Name of Son/Daughter _____

Grade _____

Parents Email _____

Parents Phone _____

I hereby authorize the director and adult staff of the strength and conditioning program to act for me according to their best judgment in any emergency situation requiring medical attention. I hereby release, exonerate and discharge Unity Christian and its staff from any and all actions or causes of actions known or unknown for any injuries incurred while at the training sessions. My child is physically fit according to our family physician and can participate without any restrictions in competition.

Parent Signature _____

