

Seaman High School Football **Strength and Conditioning**

Location: SHS Weight Room
Time: 6:00-7:00 a.m. Sophomores thru Seniors
7:00-8:00 a.m. Freshmen and Sophomores
When: May 29th-July 27th Monday-Friday (29th is a Tuesday)
Cost: \$60

It is the philosophy of most coaching staffs that the foundation of successful programs start in the weight room. Teams that sacrifice together, work together and struggle together form bonds that are more important than any words can say. It has been my experience that teams that make the effort and pull together thru out the summer months will invest so much that it is harder to give up when things get tough. The teams that have invested little have little to lose and therefore are beaten on a more regular basis. When teammates can hold each other accountable for actions, a trust starts to form that is difficult to break.

We as a program have had a pretty good transition in the weight room from the end of the football season to the present time. We still have a ways to go. We are not looking to be the team with the strongest one rep max, we are looking to be the team that has built a foundation of strength, endurance, toughness, quickness and speed. We will rarely be the biggest or fastest team, but we can be the team with the combination of attributes that make us successful. It starts in the weight room and continues on the field.

We expect our numbers to be slightly better this year with a group of about 15 seniors to lead us. Competition for playing time should be very competitive and strength and quickness will definitely come into play at some time. Don't be left behind, build team unity, build commitment and develop self-confidence through your hard work. Looking forward to working with you this summer.
Coach O'Neil

Name: _____
Grade: _____
Contact Information:
Cell number: _____
E-mail: _____

If there are any questions, please contact Coach O'Neil at 1-620-214-3825 or goneil@usd345.com