

Seaman Middle School Football **Strength and Conditioning**

Location: SHS Weight Room
Time: 8:00-9:00 a.m. Monday-Friday
Cost: \$60
Starting Date: June 4th-July 27th

It is the philosophy of most athletic programs that the foundation for winning starts in the weight room. Our summer program for the middle school athletes will be based on technique and safety first. We will treat all lifters as beginners until they prove otherwise. Our program will be set up with a high rep/lower weight% and move upward with lower reps/higher % throughout our lifting cycle.

Each day will consist of a dynamic warm-up, some type of core lift (squat/clean/bench) and the use of dumb-bells for our auxiliary lifts. Agility drills and plyometric exercises will be added in and repeated on a weekly basis to supplement our program.

No horseplay or goofing off will be tolerated. We expect the best effort that our athletes can give. The program will be run by Coach O'Neil and Coach Lincoln. Both coaches bring in 30 plus years of weight room experience and knowledge. We are both looking forward to meeting and working with our future players.

Depending on numbers, we will have a max of 45.

Name: _____

Grade: _____

Tee-Shirt Size: YM YL AS AM AL AXL A2X

Parent/ Guardian: _____

Telephone #: _____

If there are any questions please contact Coach O'Neil thru cell phone or email. 1-620-214-3825 goneil@usd345.com