Seaman Middle School Summer Weights

Who: **Athletes that will be 7th or 8th graders in the fall of 2019**
                        We are looking for a max of 45-50 athletes because of space.
Dates: **June 3rd- July 26th**
Time: **8:00 a.m. - 9:00 a.m. Monday-Friday**
Where: **Seaman HS weight room. Right next to the SHS varsity gym.**
Cost: **$60   Covers individual insurance and summer weight's shirt**

The summer strength and conditioning program will be directed by Mike Lincoln and Glenn O'Neil. These two instructors teach strength and conditioning at SHS throughout the school year. Coach O'Neil is the head HS football coach and Coach Lincoln is the assistant head coach and is in charge of the high school's strength program.

Our philosophy for summer conditioning is that the athletes are expected to be on time and that they will give their best effort. Horse play will not be tolerated and students will be dismissed from the program if this is a problem. The first two weeks of summer conditioning will be spent on instruction and learning proper safety techniques. The majority of our lifting program is based on high rep's and lower to middle weight totals to build endurance and to improve confidence in themselves. We will have to max out a couple times during the summer so that we can have a base weight to use on setting our percentages. If a lifter struggles with that weight and their form breaks, we as coaches will stop them at that weight.

For the majority of the 7th graders this will probably be a new experience. The majority of the 8th graders have had the opportunity to lift last summer and can use this summer as a lead up to their 8th grade strength and conditioning class at the middle school.

If there are any questions you can reach Coach O'Neil at goneil@usd345.com.
Thank you and looking forward to a great summer.

Athlete's Name: _____

2019 Grade Level:_____

Parent's Name:_____

Emergency Contact number:_____