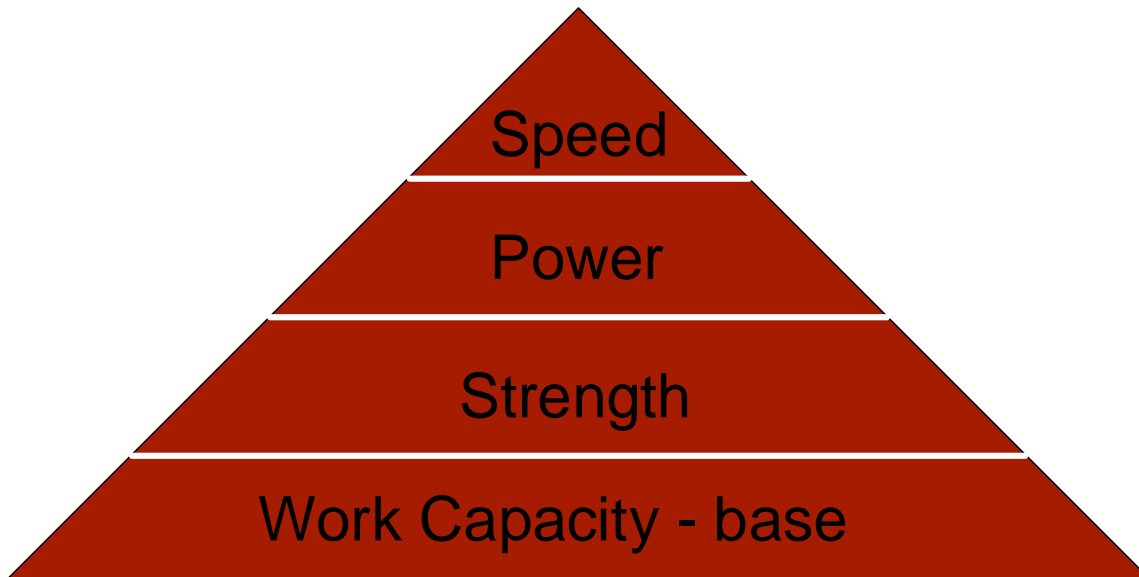


TEAM WOLF

STRENGTH AND CONDITIONING

This season we begin our second strength and conditioning program that is designed to improve our athletes. The program was designed with the Sports Training Pyramid as our structure.



PHILOSOPHY: OUR PHILOSOPHY WILL BE TO IMPROVE ATHLETIC ABILITY THROUGH EXERCISE, ENCOURAGEMENT, FUN & POSITIVE COACHING AND TO DEVELOP THE APPRECIATION FOR BETTER HEALTH.

OBJECTIVE: OUR OBJECTIVE IS TO IMPROVE ATHLETICISM, DEVELOP INTEREST IN EXERCISE, DEVELOP A “CAN DO ATTITUDE” AND DEVELOP MENTAL AWARENESS IN SPORTS.

EMPHASIS: WE WILL HAVE 35 WORKOUTS EMPHASIZING WORK CAPACITY WITH ASPECTS OF FLEXIBILITY, BALANCE, STRENGTH, POWER, QUICKNESS, AGILITY AND SPEED.

TESTING: WE WILL TEST EACH ATHLETE TO ESTABLISH A BASELINE FOR MEASURING IMPROVEMENT

When: 2 - 3 days a week (workout schedules will be provided Sunday February 21st)

Time: Workout - Weekdays 6:00 pm - 8:00 pm – Weekends 1:00-3:00 pm

Location: American Powerhouse Gym (next to Skyzone) 1091 Tinker rd (Tinker & Industrial)

Attire: Dress for athletic workout - we will spend time indoors and outdoors

Registration will be processed @ 1st workout Sunday February 21st

Cost: \$60.00

For further details please contact Coach Marco Esquivel @ 916-302-6535 or email mesquivel@surewest.net