

Linn-Mar Speed & Agility School

Students entering 5th/6th/7th/8th Grade 2017-2018

Starting in the summer of 2017 Linn-Mar will begin to implement a new strength and conditioning program in all of our athletic programs at the high school.

Performance Health and Fitness will begin to come in and organize, manage and implement this new program. <http://performanceforhealth.com>

As a part of this new program we will be teaming with Performance Health and Fitness to implement a Speed and Agility program for our younger students.

WHO - All boys and girls entering into 5th, 6th, 7th, and 8th grade in 2017-2018

WHAT - These sessions are about foot speed, balance and athletic movements to benefit all sports participants

WHEN - 12:00 p.m. - 1:15 p.m. July 5, 7, 12, 14, 19, 21, 26, 28 (Wednesdays and Fridays)

WHERE - Linn-Mar High School Football Stadium

HOW MUCH - \$50 for the summer speed and agility school

Make Checks Payable to Linn-Mar High School

Mail to or drop off at the high school athletic office

David Brown
Athletic Director
Linn-Mar High School
3111 N 10th Street
Marion, IA 52302

Questions:

David Brown - Athletic Director
dbrown@linnmar.k12.ia.us
447-3061

Students Name _____ Students Cell Phone _____ Grade in 17-18 ____

Emergency Contact _____ Phone _____

I understand that personal medical insurance coverage for this camp is the obligation of each participant. I hereby authorize the instructors of the Linn-Mar Strength Program to act according to their best judgment and provide medical attention to my son/daughter or ward in the event of injury/illness. I hereby release Linn-Mar Community School District and the camp instructors from all claims resulting from injuries which may be sustained by my son/daughter or ward while attending the camp.

Legal Guardian's Signature (If under 18) _____ Date _____

Linn-Mar Strength Program –
Developing Better Athletes While Reducing Injuries

The LM Strength and Conditioning program has been evaluated this year by the Head Coaches of all sports and athletic administration. We have compared our program to those of similar sizes across the state and are now ready to begin Phase 1 of what we feel needs to be done to give our student athletes the same opportunities that other schools are providing their athletes.

We have identified 4 major points of concern with our current practices:

- 1) Our athletes experience gaps in programming as they move from being an “in-season” to an “out-of-season” athlete
- 2) Not all of our teams are following the same program philosophies which leads to inefficiency in our students overall experience
- 3) Our lower level programs at the high school do not have the avenues in line to get their athletes into a solid program throughout their Freshman and Sophomore years
- 4) Our female athletes are not participating in year around strength training programs as much as our male athletes are

The first phase of developing a better program for us is to have experts in the field come in and organize all of our programs, and students into one Linn-Mar Strength Program. We have researched many options and have identified Performance Therapies as the best option for us to work with to meet our goals. www.ptforhealth.com This company is also able to write programs for our coaches to use down the road once our Linn-Mar teams start moving in the same direction and understand the movements.

Our first year plan is to have Performance Therapies manage all of our high school summer lifting programs, as well as a speed and agility school for our high school athletes. Performance therapies will work with us to also prepare our athletes of the future by offering a strength training opportunity for students entering into 7th and 8th grade as well as a speed and agility clinic for athletes in grades 5th-8th this summer. As we move into the 2017-2018 school year they will work with us to be here as we need them. We anticipate we will have them on campus both before and after school to run our out of season athlete programs and also help implement our in season programs.