

# Linn-Mar Athletic Enhancement Program

## Students entering grades 9-12 in 2017-2018

Starting in the summer of 2017 Linn-Mar will begin to implement a new strength and conditioning program across the board in all of our athletic programs. Performance Health and Fitness will begin to come in and organize, manage and implement this new program. <http://performanceforhealth.com>

We are asking that each student pay \$100 for our summer strength sessions. **This payment will allow you to attend strength training sessions throughout the summer, as well as our speed school in July.** During the 2017-18 school year this \$100 payment will also cover out-of-season strength sessions (before and after school) as well as in-season strength sessions with your team. In essence, the one-time \$100 payment will give you access to all of our programs starting in the Summer of 2017 through the Spring of 2018.

For this summer we need you to sign up for certain sessions so that we can identify what needs we have for our coaches in the weight room. In order for this to work we have asked coaches to pick time slots that they will suggest for their athletes to sign up. Please see the back of this sheet for the suggested timeslots.

- Step 1 – Connect with your high school coach to see if they suggest a team timeslot
- Step 2 – Make a check payable to “Linn-Mar High School Athletics”
- Step 3 – Stop by the athletic office, bring your check and form, sign up for your slot

### When do we start?

Strength begins **June 5th and finishes on July 21<sup>st</sup> based on your timeslot**  
Our Speed and Agility sessions are **6:00 a.m. – 7:00 a.m. July 5, 7, 12, 14, 19, 21, 26, 28 (Wednesdays and Fridays)**

### Questions:

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

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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 \_\_\_\_\_



## Suggested Timeslots

### STUDENTS ARE ENROLLED TO ATTEND AGILITY SESSIONS IN JULY ON WEDNESDAY AND FRIDAY AT 6:00 AM

**6:00 – 7:15 AM – Monday, Tuesday, Thursday**

(Open to all kids based on available slots)

**10:00 – 11:15 AM – Monday, Tuesday, Thursday**

(Open to all kids based on available slots, Volleyball, Girls Basketball, Cheerleading)

**5:30 – 6:45 PM – Monday, Tuesday, Thursday**

(Open to all kids based on available slots, Boys Basketball)

**7:30 – 8:45 AM – Wednesday, Friday**

(Open to all kids based on available slots, Wrestling, Girls XC, Poms)

**8:45 – 10:00 – Wednesday, Friday**

(Open to all kids based on available slots, 9<sup>th</sup> Baseball, Boys Track, Boys XC)

**FAQ - My coach has picked a 2 day a week program but I want to do a 3 day a week program this summer?**

Sign up for the session that works for you!

**FAQ – I am in two sports and see two different timeslots for the teams – which one should I come to?**

Sign up for the session that works for you!

**FAQ – I don't see my sport on the list of suggested times?**

Sign up for a session that works for you!

**FAQ – I cant make the timeframe work that my coach has suggested?**

Sign up for a session that works for you!

### 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](http://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 7<sup>th</sup> and 8<sup>th</sup> grade as well as a speed and agility clinic for athletes in grades 5<sup>th</sup>-8<sup>th</sup> 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.