



# OFF-SEASON CONDITIONING PROGRAM

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# Executive Summary

## Objective

To introduce members of Gladiator A-B-C teams, (and any other student athletes who wish to participate) to strength training. While their age prevents them from training to build “bulk”, this program can and will show students the proper techniques for weight training. Emphasis will also be placed on nutrition, and learning how muscles work and respond to weight training. There will be a cardiovascular component to this program aimed at improving the students endurance and overall stamina.

## Goals

Components of this program:

1. Weight/Strength Training including proper technique for weight lifting
2. Cardiovascular Training
3. Understanding how muscles work and are affected by weight training
4. Nutrition and how it impacts overall health

## Solution

Program Instructors will be available in the JLMS Weight Room on Mondays, Wednesdays, and Saturdays to instruct and oversee weight training sessions for interested participants.

Each student participant will keep a simple notebook log detailing their daily physical and nutritional activity. These notebooks will be turned in weekly for review. In order to promote participation, a monthly prize will be offered to those students who complete this task.

Instructors will work in group and individual settings as possible to make sure all participants are learning the proper techniques of weight training. Sessions will last from 2 to 3 hours depending on the number of participants.



## **Weeks 1 through 6**

Students will be introduced to a “General Conditioning Program”. This program is specifically designed to introduce weight training techniques to novices. Based on workouts designed by Bill Pearl (World Champion Body Builder) and Gary T. Moran Ph.D. students will learn how to perform specific weight training exercises designed to build a foundation from which they can then move into a specific sport training regimen.

Students will also learn how muscles work and respond to weight training, and how to couple cardiovascular training with weight training to get a well rounded physical training routine. Emphasis will also be placed on flexibility including “Super Stretching” to increase range of motion and prevent sports related injuries.

The final phase of the program will include information on Nutrition and how it impacts an athletes performance. Sample menus will be provided to the students who have the option of following them. Those that choose to do so will record their daily food intake in a notebook, along with their training logs. These notebooks will be turned in weekly for review. Students who participate on a regular basis will be eligible for a monthly prize such as a \$10 iTunes gift card or something similar.

## **Week 6 and Beyond**

Once students have a firm understanding, and can show proper technique of basic weight training principles, they can move on to specific Sports Training exercise routines. Again, these programs come from “Getting Stronger” a weight training manual by Bill Pearl and Gary T. Moran.

Sports from Football to Basketball to Baseball all have specific detailed programs in this book. Input from JLMS and GHS coaches will also be incorporated into the program, and we look forward to that input.

## **Conclusion**

Student athletes are learning that success comes from individual training during their off season as much as it does during the season. The need to be in “game shape” not only improves performance on the field, but promotes a healthy lifestyle which will benefit the student throughout their life.

By offering Gladiator team members, (and any other interested students) the chance to learn the proper techniques of weight training, we can teach and promote a healthy lifestyle which will benefit them both on and off the field.

Thank you for taking the time to review this proposal. I look forward to any feedback that will help improve this program, and help improve the Grafton Gladiator organization.