Strength and Conditioning: Defining it for the High School Setting

http://tinyurl.com/NIAAASC


Steve Throne CAA
## 3 Key Parts: Toolbox

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Culture: Level of Expectation

How is your athlete being pulled: Who is the puppet master?
Culture: Level of Expectation

Coaches:

1. What do your coaches demand? What do you demand from your coaches?
   a. Is the message consistent for both the AD and Coaches?
   b. Minimum level of expectations

Athletes

1. What do the athletes want for themselves? Does it line up with coaches demands?
   a. How do you change the mindset of the athletes to align with the coach? REAL expectations
Culture: Standards

Coaches

1. Set specific standards for your program in the weight room Examples:
   a. Drive for 25: 225 bench, 225 clean, 325 Squat (consistent message)
   b. 49 days: Off season goals (have a theme)
   c. 26 days of summer out of 39 (kids still need to be kids as do we)

Athletes

1. Set standards for your athletes that are workout oriented Examples:
   a. No cussing in workout areas, music, etc
   b. No hats in workout areas
   c. No headphones in workout areas
   d. Workout areas clean and ready for next person
Culture: School Program Goal

We drive home a consistent message

“Put yourself in a position to compete for a championship”

“We are together in the summer to share in our work”

Work Power!!
Energy Training: Set up a Plan

1. Start two weeks after your season
   a. Begin with the end in mind
2. Sit down with all parties to come up with schedules and goals
   a. Coach gives their key training peaks (big games, time off, etc)
   b. Look at what worked last season, and what adjustments you need to make
   c. Facility limitations
3. Solves last minute issues/problems
4. What learning system does your school use? Common Core, LBD? Align your program with the school’s learning system

Taper “Well, I’ve been doing this for 40 years and I’ve only seen about 3 athletes ever work hard enough to taper”
Energy Training: Goal Setting

Coaches: Have a consistent program goal

a. Season is 9 games long - #1 goal win 5 games
b. I can’t guarantee lifting weights will win us a state title this year, but I can guarantee that if we don’t we won’t.
c. If you expect it from your players, expect it from yourself
Energy Training: Goal Setting

Athlete:

1. Break it down into time periods
2. Player goals align with weight room goals
3. What are you going to do to get there
4. What are your weaknesses and strengths
5. How will you help your teammates achieve their goals
6. Put down numbers: Real, Raw numbers
Energy Training: Why, When, How

Why:

1. Why do we train this way at this time?
2. Why do we do the exercises/lifts we do now?

When:

1. When will we do these things? Run/Jump/Lift Heavy/Lift light/Curls?

How:

1. Teach, Teach, Teach....
2. How do I clean better, how do I run faster, how do I jump higher? Give them answers
Energy Training: Specific and Simple

1. This is what we do and what we need to be good at (create a mindset)
2. It’s not, “well we have always done it this way”, we evolve, we just have cornerstones that must remain consistent
3. Simple movements lead to complex results, generally it’s the little things that matter the most

I like competing more than I like winning.........

Then winning will happen
Energy Training: Nutrition

Simple and consistent

As SkyHawks we want to S.O.A.R. above our competition

S = Sleep - you need at least 7-8 hours per night (this doesn’t count binge sleep)

O = Open the day with breakfast - event if it’s a handful of cereal eat something

A = Always Hydrate - 6-8oz of water every hour

R = Recover and Fuel: Eat every 2-3 hours, lean proteins to recover, fruits and vegetables to fuel
Multi-Sport.... What is this

Depending on your school size and community, this probably means different things to all of us in this room.

Here are some general observations when it comes to training:

1. There isn’t really an off season anymore for kids
2. Demands on kids to specialize is at an all time high
3. Everyone thinks their season is more important than the other....
Multi-Sport: Club vs. High School

Training for Club vs. High School

1. Recognize that club sports are important but training schedules will be set up using the high school calendar and sports seasons
2. High school practices and training volumes will come before club schedules

What is more important?

1. This varies with each student athlete, but you need to discuss this with them. Usually the athlete understands and the parents need the discussion more
Multi-sport: Favorite vs. Secondary

Everyone has a favorite, it’s human nature. Coaches need to understand the differences and allow them to train for these differences.

Standards should still be kept and upheld

Have a baseline for everyone, then you don’t have to worry so much about being specific.
Multi-sport: Class vs. Sport

Example: I already lifted with my team

1. That’s why we have our consistent core lifts, they can do the extra auxiliary lifts during class.
2. Technique can be enhanced
3. Give them an exercise list and teach them how to use it.
4. What is your school learning model?
5. Finishers, competitions, etc...
3 keys = Culture, Consistent, Energy

1. Train your culture
2. Be consistent year to year, but be willing to evolve
3. Train energy
   a. Energy in movement
   b. Energy in systems
   c. Energy in excitement
SkyHawks

...where the expectation is to always compete!
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