



## 2022 Summer Athletic Development Program

This program is designed to develop our athletes' ability to run faster, jump higher/farther, develop strength, quickness and flexibility as well as learn about sport nutrition and recovery to get the most out of each workout session.

### Schedule

Mondays, Wednesdays, Fridays – Starting Monday June 6th.

Session start times (pick one): 6:30am, 8:00am, 9:30am 6:00pm

The 9:30am time slot is targeted for Middle School students.

There will also be a Thursday 8am and possibly 6pm session for students who are going to miss the Friday workouts due to family vacations etc.

There are 9+ opportunities in a week to get your three workout sessions in.

Athletes should strive to make three per week that fit their individual schedule.

### Each Training Session includes:

Dynamic Warmup + Speed Mechanics/Form Training + Agility/Quickness and Speed Development Drills

Plyometric and Power Development Drills (Jump Training)

Strength Training – Three different Levels based on ability and experience.

Flexibility Drills and Nutritional/Recovery information.

Athletes will be tested at the beginning, middle and end of summer as well as workouts logged and charted to show individual progress through the summer.

### Where

Sessions begin at the High School on Pug Lund Field (Gym's in bad weather), move to the weight room for the strength portion and back on to the field, gym or wrestling room for flexibility work and nutritional information. Athletes should come dressed in workout clothes, both tennis shoes and spikes. Showers will be available, but no towel service, athletes should bring their own.

### Cost = \$0

**Why?** = We have a passion for developing all of our athletes' abilities to make plays in all of their sports!

**RLHS = Home of the multi-sport Warriors!**