



## 2023 Summer Athletic Development Program

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

### **Schedule**

Mondays, Wednesdays, Fridays – Starting Wednesday June 7th.

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

Make-Up Days: Tuesday/Thursday 8am

There are 11 opportunities in a week. 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 Exercises and Nutritional 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 (Gyms 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.

### **One of the State's top facilities**

**Cost = \$0**

### **Why?**

Over 50 years of coaching experience. We have a passion for developing **all** of our athletes' abilities to make plays in all of their sports!

**Rice Lake = Home of the multi-sport Warriors!**