

The Road to Victory Begins Today.

The Pursuit of Victory is Fun!

We take preseason workouts very seriously and have high expectations for the season; **It's Time To Work!**

Controllables: things you can control as a player and will help make you successful.

- Work Ethic
- Attitude
- Fitness

Veterans and Returning Players: (lead by example)

- Set the tone and push the new guys
- Be leaders everyday
- Help show the new guys how things are done and how hard we work

Push To Achieve That Next Level Within Yourself.

Speed Drills:

- Sprint all out on every sprint. Do not pace yourself.
- Take full rest periods, -not less.
- Concentrate on explosive starts. (driving your knees, leaning forward, pumping arms.) Keep stride smooth and powerful throughout sprint.

Lateral Speed and Agility Development (LSA):

- This is a major portion of your program for preseason, as the game is played in multi-directions. Your ability to decelerate, stop momentarily, and reaccelerate, will be critical to your success on the field.

Strength Program (weightlifting):

- Train with high intensity! If you want to be a champion- then train like one!
- Increase the load as the weight becomes easier to move (set to set, if possible).
- Be aware of your technique. Don't sacrifice it for heavier weight.

Distance Running:

- Work to improve your times each time you run.
- Don't settle for mediocrity.
- Don't just fall into the middle of the pack; strive to be in the front and push everyone else.
- NO WALKING!

*Conditioning is just that- conditioning. Just because you workout does not mean you will automatically make the team, but I highly recommend being there consistently or you will fall behind and not reach proper fitness.

