

# WARREN CENTRAL



ADVANCED WEIGHT TRAINING

# PHILOSOPHY

A GREAT STRENGTH AND CONDITIONING PROGRAMS PROVIDES:

FOCUS AND DISCIPLINE

WORK ETHIC AND COACHABILITY

INJURY PREVENTION

STRENGTH DEVELOPMENT

FLEXIBILITY IMPROVEMENT

SPEED IMPROVEMENT

AGILITY IMPROVEMENT

INCREASED THRESHOLDS

NUTRITIONAL GUIDANCE

PRE AND REHABILITATION

CONFIDENCE

# VISION

Warren Central High School's student athletes will be mentally, physically, and spiritually prepared to compete at the highest level of competition in the world.

# RESULTS

By taking multiple years of Strength and Conditioning Warren Central student athletes:

- Will become the most disciplined high school athletes in the country.
- GREATLY REDUCE THEIR CHANCE OF INJURY.
- Will learn to embrace the attitude of making hard work...FUN!
- Will outwork every student athlete in the country.
- Will work every class to maximize their physical power, speed, flexibility, and agility.
- Will develop autonomy by tracking, developing, and presenting their own progress.
- Will gain high performance nutritional knowledge.
- Will become ONE WARRIOR NATION by treating their classmates as teammates.
- Will hold themselves accountable by communicating their successes and failures with their instructors, parents, and the coaches of their specific sport.
- Will physically and mentally peak properly in their specific sport while achieving athletic excellence.

# GRADES AND EXPECTATIONS

90% OF YOUR GRADE COMES FROM YOUR DAILY PARTICIPATION.

10% OF YOUR GRADE COMES FROM YOUR FINAL EXAM THAT WILL BE REVIEWED FOR AND TAKEN AT THE END OF THE SEMESTER.

# PARTICIPATION (90%)

1 DAY = 10 POINTS

1 WEEK = 50 POINTS

1 SEMESTER = 900 POINTS

1. BE DRESSED PROPERLY.
2. BE IN YOUR ATTENDANCE AREA ON TIME.
3. WARM UP AND WORK OUT LIKE A CHAMPION.
4. BE COACHABLE AND RESPECTFUL TO OTHERS.
5. STAY IN YOUR STATION AND TOTALLY COMPLETE THE EXERCISE.

# COMMON SITUATIONS

ABSENT = NO POINTS UNTIL EXCUSED

TARDY= 5 POINTS

DISRESPECTFUL ACTIONS= 5 POINTS

PHONE USE= 5 POINTS

NOT DRESSED

OUT OF STATION/OFF TASK= 5 POINTS

# PROTOCOL

1. VERBAL
2. VERBAL (PARENT AND HEAD COACH CONTACT)
3. PE IV (PARENT AND HEAD COACH CONTACT)
4. PE IV (PARENT AND HEAD COACH CONTACT)
5. ADMINISTRATIVE REFERRAL (PARENT AND HEAD COACH CONTACT)

\*TARDY=BURPEES TAKE CARE OF THE WARMUP PORTION THAT IS MISSED



# WEEKLY SCHEDULE

DAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>CORE LIFT</b>	POWER CLEAN  PUSH PRESS	BENCH  SQUAT	FLEX DAY	HANG CLEAN  VARIATION	BENCH AND SQUAT VARIATION
<b>AUXILLARY STATIONS</b>	VARIATION PER DIVISION (GRINDER/ SHOULDER GIRDLE/ HIGH MILEAGE)	VARIATION PER DIVISION (GRINDER/ SHOULDER GIRDLE/ HIGH MILEAGE)		VARIATION PER DIVISION (GRINDER/ SHOULDER GIRDLE/ HIGH MILEAGE)	VARIATION PER DIVISION (GRINDER/ SHOULDER GIRDLE/ HIGH MILEAGE)

# DAILY SCHEDULE: MON-THUR

DRESS.....5 MIN  
WARMUP.....10 MIN  
ROTATION 1.....10 MIN  
ROTATION 2.....10 MIN  
ROTATION 3.....10 MIN  
TRANSITIONS .....3 MIN  
CLEANUP.....2 MIN

DRESS.....5 MIN

# WEDNESDAY "FLEX"

## VARIATIONS

F.S.F. BLACK		F.S.F. GOLD		F.S.F. GRAY		WILD CARD F.S.F.	
DRESS	5 MIN	DRESS	5 MIN	DRESS	5 MIN	DRESS	5 MIN
WARMUP	6 MIN	WARMUP	6 MIN	WARMUP	6 MIN	WARMUP	6 MIN
TECH	2 MIN	TECH	2 MIN	TECH	2 MIN	TECH	2 MIN
STATION 1	3 MIN	CIRCUIT W.O.D.	14 MIN	SPEED TECH	5 MIN	COMPETITION	10 MIN
STATION 2	3 MIN	SPEED/AGILITY	14 MIN	PLYOMETRIC	5 MIN	COMPETITION	10 MIN
STATION 3	3 MIN	TRANSITION	4 MIN	C.O.D.	5 MIN	COMPETITION	10 MIN
STATION 4	3 MIN	DRESS	5 MIN	SPRINTS	5 MIN	TRANSITION	2 MIN
STATION 5	3 MIN			CORE/STRETCH	7 MIN	DRESS	5 MIN
STATION 6	3 MIN			TRANSITION	5 MIN		
STRETCH +	14 MIN			DRESS	5 MIN		
DRESS	5 MIN						
TOTAL	50 MIN	TOTAL	50 MIN	TOTAL	50 MIN	TOTAL	50 MIN

# 9 WEEK CYCLES

1. HIGH REP AND/OR TECHNIQUE (10+ REPS)
2. 3 X 10
3. 4 X 8
4. 4 X 8
5. 4 X 6
6. 4 X 6
7. 10 X 8 X 6 X 2
8. 10 X 8 X 6 X 2
9. REP TEST