

# WYOMING AREA FOOTBALL

## Summer Conditioning Program

### Key Components

Location: Anthony "Jake" Sobeski Stadium

Dates: June 29<sup>th</sup>-August 7<sup>th</sup> (Mon., Tues., Thurs., Fri.)

Hours: 8:30am-11:30pm

- Our 2009 Summer Conditioning Program will be staffed by the following coaches: Randy Spencer, Joe Pizano, Paul Marranta, Michael Fanti, Eric Speece, Jason Speece, and Steve Sedon. Coach Frank Delaney, and Coach Rich Musinski will support some instructional periods.
- Beginning on Monday, June 29<sup>th</sup>, all varsity and junior high players are to report to the stadium at 8:30 am, (M,T,Th,F) through Friday, August 7<sup>th</sup>.
- Our program is **never** cancelled. In the event of poor weather conditions, we will modify our training to be facilitated in our weight room.
- Our summer conditioning program will focus on dynamic warm ups, speed/plyometric training sessions applying elements of the Nike "SPARQ" training system in which all of our coaches have been trained, skill set development, instructional periods, and developing strength and fast twitch muscle response utilizing Olympic core lifts done in co-operative working groups.
- *All* aspects of our training will emphasize speed development. Two training sessions per week will be dedicated to speed specific station based training incorporating plyometrics, and developing efficient transitional movement. The other two training sessions will focus on speed specific interval aerobic conditioning.

### Proper Equipment

- All players should report with running sneakers (properly fit\*), socks, loose fitting , running shorts, light weight T-shirt (cotton/dry fit material), \*athletic supporter/compression shorts.
- All returning players should bring their practice shoes, locker magnet, and combination locks.
- All players should bring their own drinks(Water,Gratorade,etc.), and drink only from their own bottles.
- No transportation will be offered during the Summer Conditioning Program

### Daily Schedule

|         |  |
|---------|--|
| 8:30am  | Dynamic Warm-Ups                           |
| 9:00am  | Speed Specific Training                    |
| 9:45am  | Skill Set Development/Instructional Period |
| 11:00am | Fast Twitch Response Olympic Core Lifts    |
| 11:30am | Bring It In                                |