

# SHELDON ATHLETICS

THE TRADITION OF ACADEMIC AND ATHLETIC EXCELLENCE CONTINUES...

## Advanced Strength & Conditioning

(Grades 10-12)

**This course is recommended for the competitive multi-sport athlete.**

**This class is for the athlete who takes weight training seriously.** Students will be provided with an opportunity to use weight training and cardio vascular principles and techniques in a sport specific manner. Students will design their own sport specific training program. Emphasis will include the 5 components of fitness and students will be tested in a variety of fitness activities. Students will be tested on major muscle groups and be required to develop a Personal Fitness Plan that incorporates the sport they are training for.

CRLS: Personal management, Problem solving, Communication, Teamwork

### Other considerations:

- Student cap +/-35 students
- Male/female welcome
- Weight program compliments football weight training philosophy
- Athletic director would promote the class to all head coaches, including club coaches, to have students take advantage of this opportunity.
- This class will only meet .5 Physical Education requirement toward graduation no matter how many times a student takes the class (Per Sheldon High School PE department policy).

### The recommended multi-sport advanced strength & conditioning class benefits:

- Provides opportunities for the serious athlete to continue to become bigger, faster and stronger while competing in multiple sports at Sheldon High School during the school day.
- The class will free up needed space for weight room use as the demands from multiple teams have increased over the last couple of years during common period.
- The class will encourage athletes who are only involved with one sport to consider joining other sports, including club sports like water polo and lacrosse.

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