

Bomber Athletic Development Program

(B.A.D.) 19th Year

Register on Family ID (see instructions below) *We encourage you to register as soon as possible, but we will accept registrations until 7/4/18.*

Program Description

Bomber Athletic Development is a comprehensive athletic development program for both male and female student-athletes ENTERING grades 6-12 in the Richland School District. This program is not gender specific and will focus on enhancing each student's strength, speed, core strength, agility, and overall athleticism, health, and fitness through a variety of exercises and techniques approved by the American Medical Association and the National Strength and Conditioning Association. High school athletes will be following a sport specific plan to meet their individual needs in a multi-sport group setting. Middle school athletes will be following a non-sport specific plan focusing on the complete athlete. Some of the numerous benefits of this program include: injury prevention, increased strength and speed, development of a disciplined work ethic, improved self-esteem, etc. BAD has been in existence since 2000 and has benefited well over 3600 athletes.

Instructors

Wes Mason-(6th year) Coach Mason is a graduate of Eastern Washington University and is starting his 6th year with the BAD program. He currently coaches football and RHS's Winter Strength and Conditioning. He also teaches History at Richland High School.

Nicole Weinman-(4th year) Coach Weinman is a 2013 Richland grad, 4 time all league swimming selection at RHS and swam for the University of Idaho. She has a Bachelor's Degree in Exercise Science, a Master's Degree in Physical Education and Health and recently completed her student teaching in Richland last fall. Nicole currently coaches boys swimming at RHS.

Kirah Monks-(2nd year) Coach Monks is a graduate from the University of Idaho where she earned a Master's degree in Education. During her time at Idaho, she swam for the Vandals where she earned WAC Conference honors. Coach Monks student taught at Richland High School, and currently coaches Boys high school swim at RHS. Kirah is originally from Ontario, Canada.

Schedule

BAD will meet Monday-Thursday for 6-7 weeks each summer in the RHS gyms. Check in in the gym foyer. Three separate sessions will be offered daily from June 24th -August 1st

Session 1-High School (entering grades 9-12) 7-8:30 AM

Session 2-Middle School (entering grades 6-8) 8:30-9:30 AM

Session 3-High School (entering grades 9-12) 9:30-11:00 AM

(9:30-11:00 session will run as long as enough students participate)

Cost \$55.00

Scholarships are available for student-athletes in need. Contact Coach Mason for more information. If you have any questions about this program, don't hesitate to contact me. ****Students completing 80% of the scheduled workouts will receive a BAD T-shirt**

Family ID Registration Process

1. Log in to FamilyID.com
2. Go to Richland High and click on BAD program
3. Complete all information and pay the \$55 fee.

Wes Mason, Bomber Athletic Development

Cell: 509-954-5576

E-mail: Weston.Mason@rsd.edu

