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# La Porte Strength and Conditioning

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## Mission Statement...

*The La Porte ISD strength and conditioning department is devoted to serving the needs of all student athletes. We are committed to developing the maximum athletic potential of each athlete through injury prevention, individualized programming, and sports-specific periodization. Every athlete matters and we strive to ensure that every student who participates in LPISD athletics has the opportunity to enhance strength, performance, and develops a passion for life-long health.*

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# Who do we serve?



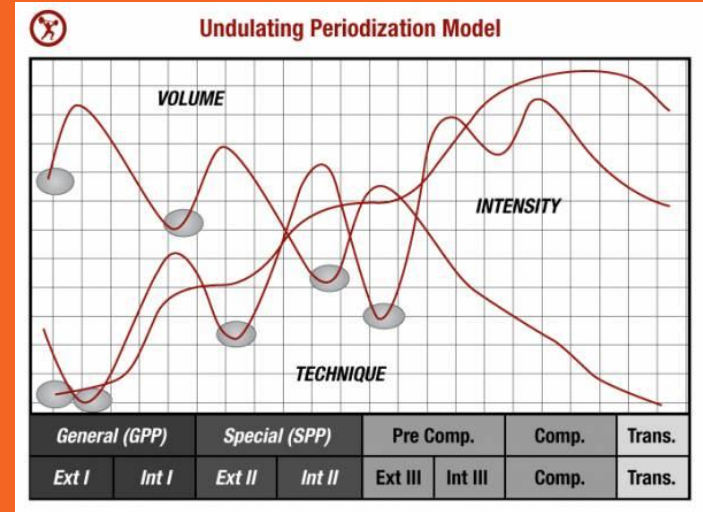
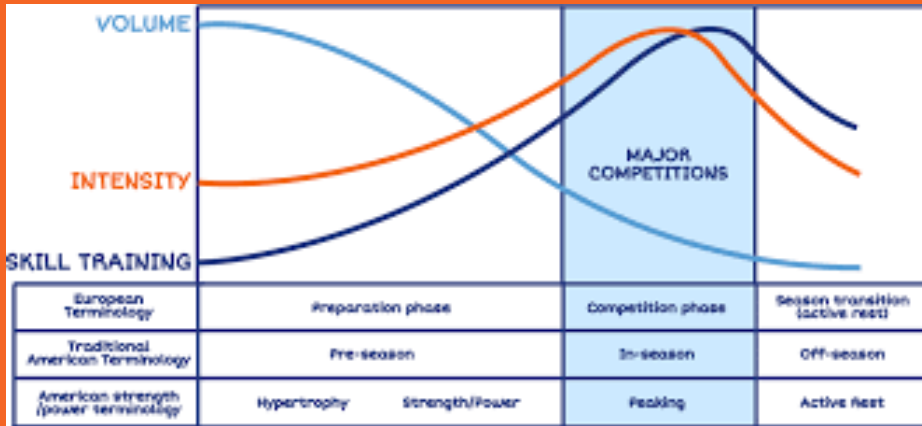
- 9-12 grade high school athletes
  - 7-8th grade junior high athletes
  - K-6 PE Students
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# 7-12th Grade Athletes

- Injury prevention
    - Teach movement
    - Correct compensation patterns
    - Correct muscular imbalances
  - Individualized programming
    - Plan and accommodate workouts based on individual strengths and weaknesses
    - Analysis of max test results
  - Sports-specific periodization
    - Plan training for specific sports and seasons
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# Sports-specific Periodization



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# K-6 Physical Education

- Facilitate teaching of:
    - overall physical literacy
    - Improve overall movement patterns
    - skills necessary for lifelong health and wellness
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# Physical Literacy



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# Administrative Duties

- Coordinate facility usage
  - Maintain facilities
  - Lead/monitor daily workouts
  - Collaborate with coaches and administration for program improvement
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# Weekly Overview Example

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
1	2	3	4	5	6
1st: GBB (BC) 5th: Football (FH), Baseball (BC) 8th: B/G Track (FH), Baseball (FH) AS: BXC/GXC (Anne FH)	1st: Anne Dr. Appt 5th: B/G Soccer (FH), BBB (BC) 8th: B/G Soccer (FH), Cheer (FH), BBB (BC), Softball (BC) AS:	1st: Swim (FH), VB (BC), GBB (BC) 5th: Football (FH), Baseball (BC) 8th: Golf (FH), B/G Track (FH), Baseball (FH) AS: XC, VB (Joseph)	1st: 5th: B/G Soccer (FH) 8th: B/G Soccer (FH), Cheer (FH), B Track (FH), Tennis (BC), Softball (BC) AS:	1st: Swim (FH) 5th: Football (FH), BBB (BC), Baseball (BC) 8th: Football (FH), Swim (BC), BBB (BC) AS:	VB- Anne (BC)      FB- Joseph (FH)

Notes: B Track and Soccer entering phase 2, swim season starts 10/2, BXC/GXC season ending 10/13, Baseball going down to 2 x per week for October, BBB and GB entering season week of 10/20 (will add in after school/saturday practice

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# Workout Example

1. Dynamic Warm-up
  2. Core/Auxiliary Lifts
  3. Soft tissue/fascial work
  4. Stretching/Mobility work
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# Mobility Check

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## Quick Check

- Ears visible
- Spine neutral
- Thumbs back
- Elbows out



Press  
Archetype



## Quick Check

- Shoulders back
- Elbows behind body
  - Spine neutral
- Elbows and wrists aligned



Hang  
Archetype



## Quick Check

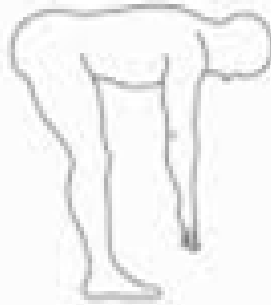
- Elbows at chest level
- Wrists behind torso
- Shoulders neutral

## HIP ARCHETYPES



Squat 1  
Archetype

Squat 2  
Archetype



### Quick Check 1

- Spine neutral
- Hips below knee crease
- Head and shoulders neutral
  - Knees out
- Feet neutral

### Quick Check 2

- Back flat
- Head neutral
- Shoulders neutral
- Shins vertical



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# Dynamic Mobility Drills



- Wall Slides
- Wall Y's
- Forward Fold (sway)
- Bent knee Hip Hinge (walk)

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# Mobility Fix Examples



Banded Distraction- :55s



Fascial Work: 2:40s

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# Future Goals

1. Broaden the scope of injury prevention
  2. Community collaboration for after school/outside-of school programs/events to foster physical literacy development
  3. Serve a greater student population
    - a. Clubs
    - b. Outreach
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**Q&A**