Strength and Performance
THE SINGLE MOST IMPORTANT THING YOU CAN DO FOR YOUR HEALTH

Build a home gym. Start with three affordable essentials.

With the holidays approaching and all of us spending even more time at home, purchasing a few items can make a huge difference in your physical and mental health.

First: Learn how to use, then purchase a kettlebell. The best school for teaching the kettlebell is StrongFirst; their course schedule and a list of instructors is here. The kettlebell offers endless exercises, takes up minimal space and costs far less than other resistance exercise options. Rogue Fitness has the best options and prices here.

Second: Purchase either a TRX-style training strap or a set of gymnastics rings. Either offers diversity in body weight movements with minimal space and cost requirements.

Third: Get a decent jump rope. If the weather is bad outside, jumping rope is a great activity to get your heart rate up, increase bone density and incorporate into a daily workout. Social media is full of kettlebell, TRX and jump rope workouts. Blend these three modalities and your options are unlimited. These items can be purchased for a few hundred dollars, will last a decade, and fit in a closet or the trunk of a car. And suddenly, there is no longer any excuse for not getting a little exercise in every day. The key to not taking time off from exercise is to never take a single day off.

Coaches' Breakfast Meeting
November 20th 8:00am
Topic: KDS core values and how we use them to coach
Zoom link: https://kentdenver.zoom.us/j/99014716254

Athletics' Calendar November-June
SEASON B: Basketball, Ice Hockey, and Girls’ Swimming begin on January 4th
SEASON C: Field Hockey, Football, Boys’ Soccer and Volleyball begin on March 1st
SEASON D: Baseball, Boys’ and Girls’ Lacrosse, Girls’ Soccer, Girls’ Tennis, Girls’ Golf, and Track and Field begin on April 26th

Middle School Sports
MS Winter sports will begin November 16th