



Train Hard - Train Smart - Train Together

Dates

Phase 1 (May 31st - July 1st)

Off Week (July 4th - July 8th)

Phase 2 (July 11th - August 5th)

To reserve your spot, please submit payment of \$150 by May 1st to Lancer Strength and Conditioning using the link or QR code below.

The summer program is a ten-week training period critical to the physical development of Shawnee Mission East student-athletes. Our summer program will help you improve your speed, strength, power, agility, and work capacity. Each day we will spend time on the field and in the weight room. Athletes will train three days per week with the option of two make-up days if they cannot attend Monday, Tuesday, or Thursday sessions. Our goal for Shawnee Mission East student-athletes is to be involved in a structured strength and conditioning program year-round. Getting involved with the summer training program is critical to meeting that goal.

2022 Summer Training Schedule

Monday/Tuesday/Thursday

7:00 AM - 9:00 AM Boys 10th -12th Athletic Development

8:00 AM - 10:00 AM Girls 9th -12th Athletic Development

9:00 AM - 11:00 AM Freshman Boys Athletic Development

11:00 AM - 12:30 PM Middle School Boys and Girls

Wednesday/Friday (Make-Up Lift Day)

9:00 AM - 10:00 AM Make-Up Lift 10th - 12th Boys and Girls

10:00 AM - 11:00 AM Make-Up Lift Freshman Boys and Girls

****Schedule and groups subject to change based on number of sign-ups***

Summer weights signup/payment link: <https://forms.gle/xnGm75bTabugCCjb9>

**SUMMER WEIGHTS
SIGNUP/PAYMENT**



About the Strength Coach

Mark Simoneau will design and help implement the summer training programs and utilize the newly installed EliteForm PowerTrackers to deliver those programs. During the summer, Mark will work alongside SME sports coaches, helping East student-athletes move better, get stronger, faster, and more explosive. Coach Simoneau is a Certified Strength & Conditioning Specialist through the NSCA who has coached and developed athletes who have competed in various sports over the past 11 years in the Kansas City Metro area. Before becoming a Strength & Performance Coach, Mark played 11 seasons in the National Football League, starting 67 games and winning a Super Bowl with the New Orleans Saints. Mark is a graduate of Kansas State University, where he was named 1st Team All-America, Big 12 Defensive Player Of The Year, and inducted into the College Football Hall Of Fame in 2012. Mark lives in Prairie Village with his wife Monica and two daughters, Livea (12) & Lexie (9).

Frequently Asked Questions

I am currently working with a personal trainer. Should I take a weights class or get involved in the summer training program?

We recommend that you don't do two programs at the same time. It is better to decide to do one or the other. Recovery is a significant part of making progress, and if recovery is not adequate, you will regress. The training programs include everything you need to develop the physical qualities of strength, agility, speed, and power. If Coach Simoneau doesn't have you working on a specific area on a particular day, it is for a reason. If you think of doing additional work, make sure you communicate with Coach Simoneau to give you his recommendation.

Why is Off-Season training necessary?

Off-Season training sets the foundation for your success during the season and also allows you to train more intensely during in-season training programs. Off-Season training will allow you the best opportunity to make your most improvement in speed, strength, and power, as well as make you more resilient overall. During the off-season, you can train with a higher total training volume because of the limited competing stressors during the in-season training period.

Why is In-Season training necessary, and how is it different then off-season training?

Staying strong during the season is essential to perform at your highest level. In-Season training helps you maintain and, in many cases, increase the strength and power improvements you have made during the off-season. In-Season, your volume of work on the field or court is much higher and more frequent with practices and competitions. In-Season training programs should reduce overall training volume in the weight room. The intensity of the lifts will stay relatively high during the in-season period, which will help you stay strong without reducing your ability to practice and compete at the highest level. When you don't train in a structured off-season program, the in-season training period becomes much more fatiguing and will often cause a decrease in performance.

I have heard a lot about sport-specific training. Is this program sport-specific?

Our programs are structured to be athlete specific. Our goal is to improve strength, speed, power, agility, mobility, and work capacity. Training in the weight room and on the field should be general in nature. Practicing your sport should be sport-specific. We feel your sport-specific work should be done with your sports coach. Though In-Season vs. Off-Season training will look different from a volume standpoint, 90% of the exercise selection will look the same for our athlete-specific training philosophy. The 10% variation in programming will address common injuries that occur in a given sport.

Why is speed training necessary for athletes?

Speed training improves speed, which is critical to success in many sports but speed training also helps increase strength and power. Speed training twice per week will pay huge dividends for our SME teams and should not be neglected. All athletes, regardless of sport, should speed train throughout the year.