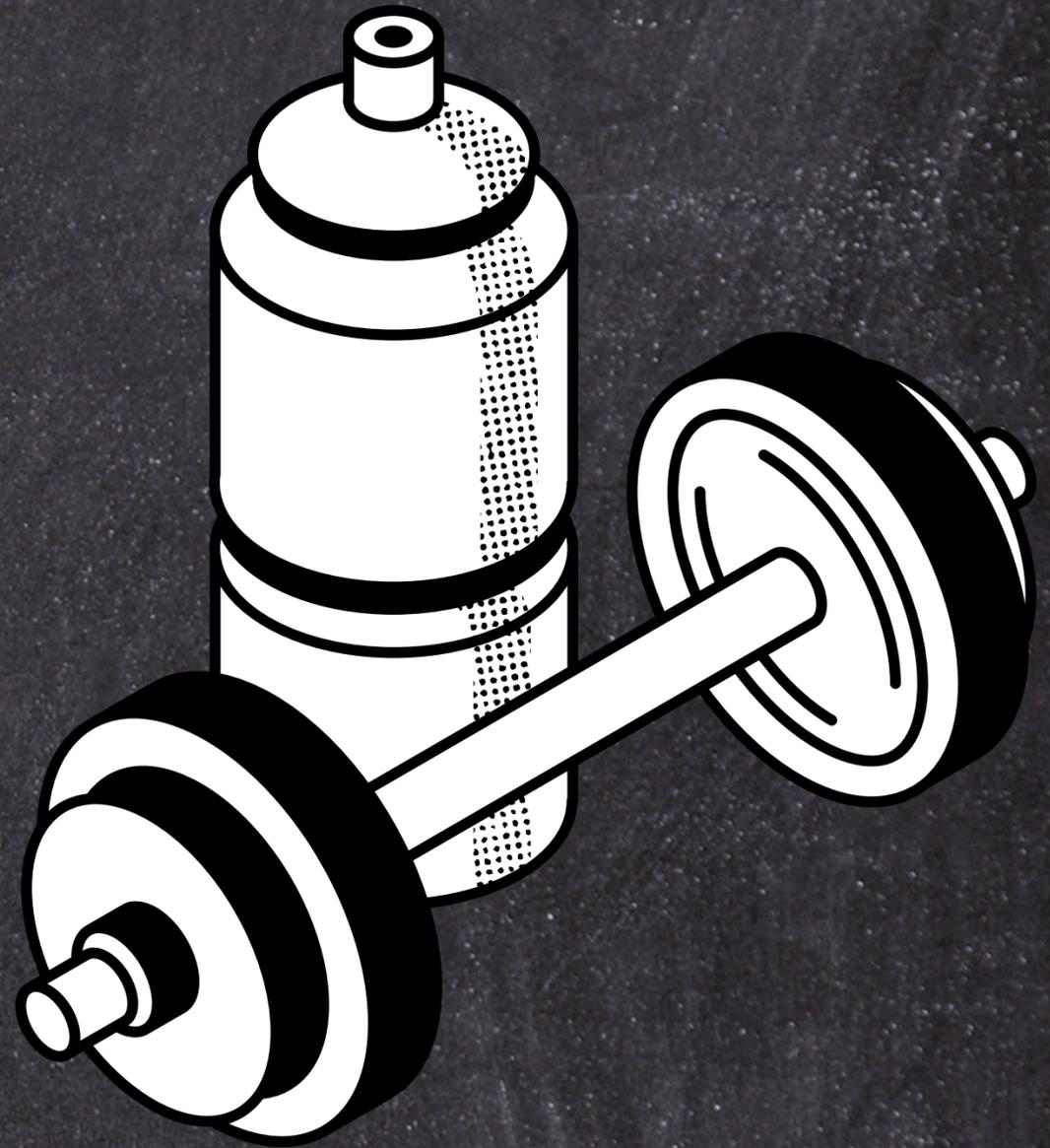


TRAINING AND RECOVERY

THE IMPORTANCE OF A PLAN



EDUCATION & CERTIFICATIONS



PROFESSIONAL BACKGROUND



WHAT IS MY ROLE IN THE PROGRAM

- TO CAPTURE THE HEARTS AND MINDS OF EVERY STUDENT ATHLETE THATS WALKS THROUGH THE DOOR
- TO PROVIDE SCIENTIFICALLY BASED TRAINING PROGRAMS DESIGNED TO MEET THE NEEDS OF THE ATHLETES AND THE SPORTS AT WHICH THEY PARTICIPATE
- EDUCATE OUR COMMUNITY, STAFF, AND STUDENT ATHLETES ON THE IMPORTANCE OF PRACTICING GOOD RECOVERY HABITS

CAPTURE HEARTS AND MINDS

DEPOSITS BEFORE WITHDRAWALS

- TRUST
- ACCOUNTABILITY
- GET TO NOT GOT TO MINDSET

SCIENTIFICALLY BASED TRAINING

PURPOSE & INTENT

- CURRENT RESEARCH
- TRAIN FROM THE GROUND UP
- FULL RANGE OF MOTION
- QUALITY OF MOVEMENT MATTERS

THE MOST VALUABLE TOOL: GOOD RECOVERY HABITS

FUELING PERFORMANCE

- SLEEP
- HYDRATION
- NUTRITION

TRAINING FOR THE SEASONS

CONSISTENCY IS THE KEY

OFF-SEASON

PRE-SEASON

IN-SEASON

POST SEASON

WHAT DOES THIS LOOK LIKE?

MULTI-SPORT ATHLETES

PLANNING & TRUST



Greg Powers tagged you in a photo

Greg Powers
@GPowersScout

PA Memorial 2026 LB Tank King is a monster. 14 offers and counting. #TXHSFB #NLA100

Raw		RESULTS 50		
RANK	ATHLETE	10YD	60YD	5-10
1	Tai'yion King OF #44 2026	1.86s	6.83s	4.71
2	Riley Jackso n OF #39 2026 170 lbs.	-	6.91s	4.88
3	Zach Larsen #159 2026	1.76s	6.98s	4.87
4	Lawson Stewart #32 2026	-	7.08s	4.89
5	Cooper Murphy #57 2027	1.77s	7.11s	4.64

The background is a dark, textured blackboard. It is decorated with various white chalk-like marks, including long horizontal and diagonal lines, some curved lines, and a starburst shape in the upper right corner. The text is centered and written in a bold, white, sans-serif font with a slightly distressed or chalky appearance.

**THANK
YOU VERY
MUCH!**