

Summer of 2024

WOMEN'S

CardinalSUMMERStrong

HANDBOOK

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S.T.R.O.N.G.

S - STRENGTH

At times in your life you will face great obstacles and these challenges will require great physical, mental and emotional strength! This will make the end performance or achievement unforgettable.

T - TOGETHER

We will face this together as one team, bonded in work, sacrifice and dedication to the school, the community and most importantly, EACH OTHER!

R - RESULTS

This program is beginning with a great culture of success. However, your performance in athletics alone, will not get you a job. THIS IS CARDINAL WOMEN'S ATHLETICS... WE TRAIN TO COMPETE!!!

O - OPTIMISM

Positive thoughts and actions will lead to positive results for all of us. We will build a culture of support and positivity!

N - NURTURING

Through each other's backing and comradery, we will build a structure that will help nurture everyone's success.

G - GROWTH

When it is all said and done the purpose of this program is personal and team growth. We will build pride, confidence and strength in ourselves and each other.

THE STAFF

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2024 Women's SummerSTRONG CALENDAR

June

SUN	MON	TUES	WED	THURS	FRI	SAT
						1
2	3 7:30-8:30am Session 1 8:30-9:30am Session 2	4 7:30-8:30am Session 1 8:30-9:30am Session 2	5 OFF	6 7:30-8:30am Session 1 8:30-9:30am Session 2	7 7:30-8:30am ALL OPTIONAL/MAK E-UP	8
9	10 7:30-8:30am Session 1 8:30-9:30am Session 2	11 7:30-8:30am Session 1 8:30-9:30am Session 2	12 OFF	13 7:30-8:30am Session 1 8:30-9:30am Session 2	14 7:30-8:30am ALL OPTIONAL/MAK E-UP	15
16 Father's Day	17 7:30-8:30am Session 1 8:30-9:30am Session 2	18 7:30-8:30am Session 1 8:30-9:30am Session 2	19 OFF	20 7:30-8:30am Session 1 8:30-9:30am Session 2	21 7:30-8:30am ALL OPTIONAL/MAK E-UP	22
23	24 7:30-8:30am Session 1 8:30-9:30am Session 2	25 7:30-8:30am Session 1 8:30-9:30am Session 2	26 OFF	27 7:30-8:30am Session 1 8:30-9:30am Session 2	28 7:30-8:30am ALL OPTIONAL/MAK E-UP	29

July

SUN	MON	TUES	WED	THURS	FRI	SAT
	1	2	3	4	5	6
	KSHSAA MORATORIUM	KSHSAA MORATORIUM	KSHSAA MORATORIUM	KSHSAA MORATORIUM	KSHSAA MORATORIUM	
7	8 7:30-8:30am Session 1 8:30-9:30am Session 2	9 7:30-8:30am Session 1 8:30-9:30am Session 2	10 OFF	11 7:30-8:30am Session 1 8:30-9:30am Session 2	12 7:30-8:30am ALL OPTIONAL/MAK E-UP	13
14	15 7:30-8:30am Session 1 8:30-9:30am Session 2	16 7:30-8:30am Session 1 8:30-9:30am Session 2	17 OFF	18 7:30-8:30am Session 1 8:30-9:30am Session 2	19 7:30-8:30am ALL OPTIONAL/MAK E-UP	20
21	22 7:30-8:30am Session 1 8:30-9:30am Session 2	23 7:30-8:30am Session 1 8:30-9:30am Session 2	24 OFF	25 7:30-8:30am Session 1 8:30-9:30am Session 2	26 7:30-8:30am ALL OPTIONAL/MAK E-UP	27
28	29 7:30-8:30am Session 1 8:30-9:30am Session 2	30 7:30-8:30am Session 1 8:30-9:30am Session 2	31 OFF			

August

SUN	MON	TUES	WED	THURS	FRI	SAT
				1	2	3
				7:30-8:30am Session 1 8:30-9:30am Session 2	7:30-8:30am ALL OPTIONAL/MAKE-UP	
4	5	6	7	8	9	10
	7:30-8:30am Session 1 8:30-9:30am Session 2	7:30-8:30am Session 1 8:30-9:30am Session 2	OFF	7:30-8:30am Session 1 8:30-9:30am Session 2	7:30-8:30am ALL OPTIONAL/MAKE-UP	
11	12	13	14	15	16	17
					FIRST DAY OF SCHOOL	
18	19	20	21	22	23	24
	FIRST DAY OF FALL SPORTS					
25	26	27	28	29	30	31

CardinalSummerSTRONG PRACTICES

In order to perform at the highest level, being at practice is a requirement. In order to reach individual goals and team goals for our school, we all need to buy into improving and supporting each other everyday.

Practices will consist of Warm-ups, speed training, acceleration/deceleration training, jump training, mobility & flexibility training, sprinting and weight training. We will cover the gambit of training to be an athlete.

Students in the Women's SummerSTRONG program will be required to make 3 practices per week. **Monday, Tuesday and Thursday**. We will also have an optional **Friday** session that will be used for a makeup day. That is **24 required** training sessions and 8 Friday make-up/Optional practices.

Typical Practice Schedule

SESSION 1: Upperclassman Priority

7:30am - RPR
7:35am - Team Speed Drills
7:45am - Training
8:00am - Wrapping up training

GROUP 2: Underclassmen Priority

8:30am - RPR
8:35am - Team Speed Drills
8:45am - Training
9:30am - Wrapping up training

CardinalSummerSTRONG | EXPECTATIONS & POLICY

REMOVAL FROM THE Program

Athletes may be removed from the Cardinal Women's SummerSTRONG Program for:

ANY 3 OCCURRENCES IN TOTAL UNEXCUSED ABSENCES OR BEHAVIOR PROBLEMS

An Unexcused Absence is one that is not communicated (Email) prior to the absence and cleared by the coaching staff. Communication is key. There will be a GroupMe, as well as everyone having my cell number, so there is no reason to not communicate.

Unsportsmanlike conduct during training.

Any discipline problems outside of training.

Any web-based slander or otherwise of athletes, coaches, or teams.

Any other violations of the Eudora HS Student handbook policies or Athletic Agreement.

ABSENCES

ABSENCES NEED TO BE REPORTED TO COACHES (3) IN ADVANCE (Prefer. 24hrs - Email & Discussed).

We expect that you will have vacations and other activities going on and we want you to do these things, as family is number one and summer is an important part of it. PLEASE Communicate and plan accordingly to make up those absences using the optional/make-up Friday sessions.

TEAM FORMS/SIGN-UP & FEES

Team forms and fees need to be completed by due MAY 12.

[Online Sign Up](#)

[Paper Sign Up](#)

GroupMe - Text Messaging App

Please sign up for our group messaging. This will be our primary means of communication.

https://groupme.com/join_group/93225905/vJzghVwH

*****STUDENTS WILL BE RESPONSIBLE FOR THE TRAINING FEES*** This will be \$50 per student.**

SCHOLARSHIPS ARE AVAILABLE!!! If you need assistance in attending the CardinalSummerSTRONG Training, please contact Scott Russell (scotttrussell@eudoraschools.org)

AWARDS

All athletes will NOT earn ALL awards

Incentives will be based solely upon participation at EMS Summer Conditioning sessions. Outside practices, exercise, vacations, etc will not count towards incentive rewards.

Cardinal Women's CardinalSummerSTRONG T-shirt

-All Student's that complete 24 training sessions.

Speed Bands

- Athletes will be rewarded with various Speed testing bands as we continue to run through the summer. Speeds determined with Freelap timing system.

16mph

17mph

18mph

19mph

20mph

Be CardinalSTRONG

-Look and Act like a CARDINAL

- **Top 10 Qualities of a Good Teammate**

-EUDORA Attire - Represent your family, school, community, self, coaches, teachers, principals

- No Cell Phones, or headphones/

A Cardinal BEFORE TRAINING (IMPORTANT)

- Bring a **water bottle** with your name on it
- Dressed for a training session
 - **Shorts & T-shirt** (athletic apparel)
 - **Athletic shoes** (NO CROCS, SLIDES, HEY DUDES, ETC)

- Something to sprint, change direction and lift in.
- Help setup equipment station equipment
- Etc

A Cardinal DURING TRAINING

- Pay attention to the coaches when speaking
- Be respectful of others.
- Attitude and effort are a choice. Bring your best!
- Thank your partners and coaches before departing.
- Thank your teammates for cheering, working and competing for you.
- Celebrate your accomplishments and others!!!

A Cardinal AFTER Training

- Cool Down. If your coach has a specific game plan for you, follow it.
- Nutrition
 - Refuel post-training, so you are ready for the next session.
- Clean up stations (Put equipment away)
- Help clean up equipment, coolers, kits, etc.

Recognitions and Records

CardinalSummerSTRONG T-Shirt

- All athletes that complete 24 training sessions will receive a SummerSTRONG T-Shirt.

100% Beast Feast

- All athletes meeting the 24 required training sessions will receive an invite to the Beast Feast.

- These students will also be part of the 100% Club picture.

Speed Clubs

- Any athlete meeting certain speed qualifications in training will receive a silicone bracelet identifying their achievement.
 - Speeds for recognition will be determined using the Freelap timing system on a timed 10 yard fly.
- Rewards for the following speeds.
 - 16mph
 - 17mph
 - 18mph
 - 19mph
 - 20mph
 - 21mph
 - 22mph
 - 23mph