

VOL 1 2025

ATHLETIC PERFORMANCE NEWSLETTER



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01

NORFOLK ACADEMY ATHLETIC PERFORMANCE

Here we are starting year four of our Athletic Performance program! We will be using this newsletter as a window for the Norfolk Academy community to see and further understand what our student-athletes do within the program. Along with spreading awareness, we will highlight our student-athletes and showcase their achievements within our program.

MISSION

The overall mission of the Norfolk Academy Athletic Performance program is to help develop the young student-athlete physically, emotionally, and socially, through the use of structured, consistent, year-round training, and a growth mindset. The development sought within this program should resonate on the field, in the classroom, and at home.

VOL. 1 FALL 2025



02

MEET THE COACHES



PAUL CARREZOLA

Director of Athletic Performance

Education and Coaching Background

B.A Communication - Rutgers University

M.S. Applied Exercise Physiology - Strength and Conditioning - Concordia University Chicago

Certifications: CSCS, TSAC-F, USAW L1, RPR, HSSCC

- Rutgers University - Football and Olympic Sports: 2014-2016
- New Egypt High School 2016 -2019
- Central Regional High School 2020 - 2022
- Private Sector Coaching 2016 - 2022



RACHEL LIFSON

Associate Director of Athletic Performance

Education and Coaching Background

B.S. Exercise Science - University of Louisville

M.S. Exercise Physiology - Strength and Conditioning - University of Louisville

Certifications: SCCC, CSCS, HSSCC

- University of Louisville - Olympic Sports: 2024-2025
- University of Maryland – Olympic Sports: Summer of 2023
- Collegiate School – Summer of 2022



STATE OF THE PROGRAM

We have had a successful fall 2025. The athletic performance program serves anywhere from 100 - 200 student-athletes daily. Our varsity, JV, and middle school athletes all have a variation of in-season training occurring during the fall season. Student-athletes at the varsity and junior varsity levels train twice per week, and the middle students train once per week with their team, but also are involved in middle school physical education. The fall offseason program has had more than 25 consistent participants over the past 10 weeks. The fall season has kick-started the school year and will lead to more growth, learning, and development come winter.



ATHLETIC PERFORMANCE

04 TECHNOLOGY AND TRAINING

OVR JUMP

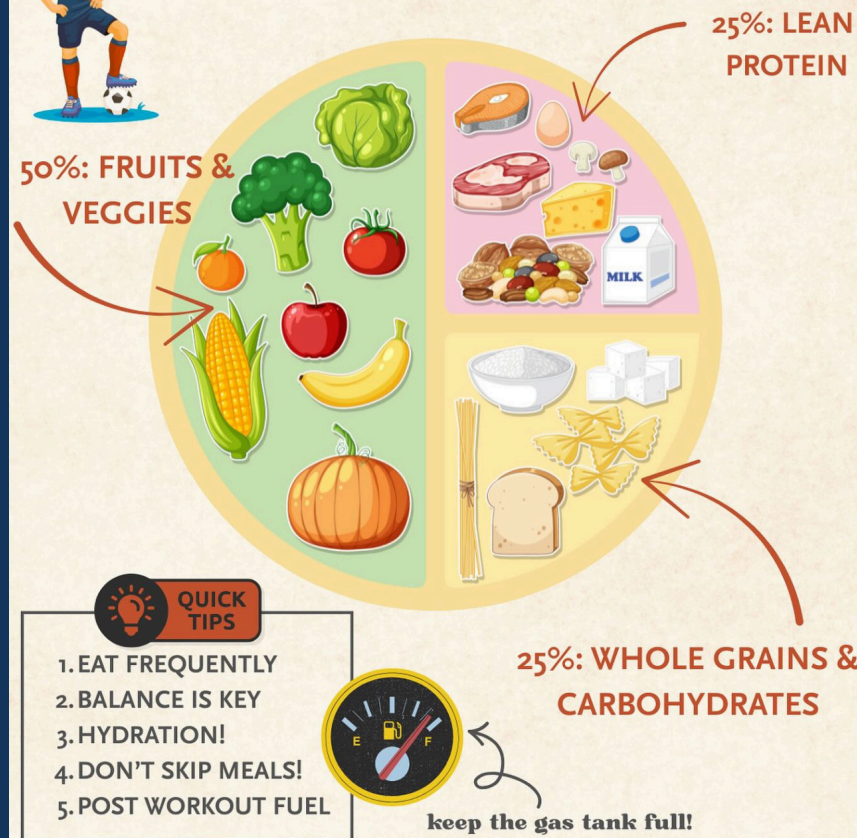
Technology in the training environment is common practice in modern athletic performance training. We use various forms of technology to deliver programming to student-athletes, monitor and assess student-athlete readiness, evaluate development, build autonomy, increase effort, and build intent in our day-to-day training.

The OVR Jump has become a mainstay in the training environment of our student-athletes. Equipped with a laser-based ground grid, the OVR Jump measures jump heights, ground contact times, and RSI (jump height/ground contact time). We use the OVR Jump for counter movement jumps, loaded jumps, hurdle jumps (GCT), RSI testing, drop jumps, depth jumps, and many more jump variations. This increases intent of a jump or plyometric drill by giving tangible numbers immediately. As coaches, it allows us to assess readiness, progress, and strengths/weaknesses.



fueling for athletes!

WHAT'S ON YOUR PLATE MATTERS!



05

HEALTH DRIVES PERFORMANCE

RESOURCES WE OFFER

Because of the generosity of our alumni base, our student-athletes on both JV and Varsity teams are afforded the privilege of refueling post training. A protein shake and electrolyte packet are available options for them. This is a tangible step and resource in the educational process of replenishing, repairing, and enhancing the likelihood of being their best self on the field or court. This is done in conjunction with messaging around the importance of fueling (eating), hydrating, sleeping, and resting for overall well-being.



NUTRITION WEDNESDAY

Every other wednesday during the 2025 -2026 school year the Norfolk Academy Athletic Performance instagram account is currently posting an educational infographic “Nutrition Wednesday” for all student-athletes. The topics covered do not only cover nutritional tips, but sleep, mental health, and proactive life habits.



06

MOVEMENT OF THE FALL



COUNTER BALANCE

TEIR 1

As a staple in our program, there is a list of core movements we use with all levels of our student-athlete populations. The squat pattern is the movement we utilized this fall with a bulk of our student-athletes.

Why we use the squat pattern:

- Increases Leg Strength
- Hip, Knee, Ankle Flexion and Extension
- Pattern that can be progressed/regressed for all individuals
- Helps builds other skills in the training setting



GOBLET SQUAT

TEIR 2



FRONT SQUAT

TEIR 4



ZOMBIE SQUAT

TEIR 3

07

SOCIAL MEDIA @ A GLANCE

TRAINING TIP
TUESDAY

OVERCOMING ISOMETRICS

TRAINING TIP TUESDAY

A bi-weekly Instagram reel aimed at providing student-athletes with training information that can be applied often at home, in a commercial gym, on a field or court, or within our program. This is aimed at giving student-athletes the “know how” and the “know why.” Training Tip Tuesday will be posted throughout the entirety of the 2025-26 school year!

IRON DOGS OF THE MONTH

Most months of the year we will recognize a male and female student-athlete as the “IRON DOG OF THE MONTH.” This recognition goes to a in-season student-athlete who displays consistent high levels of effort, encourages and coaches peers, and showcases authentic energy and enthusiasm.



@norfolk_academy_ap

07

FALL LEADERBOARDS

BOYS

OVR VERTICAL JUMP (IN)

JACOB DYER - 34
OWEN PELUSO - 32.1
PRESTON JEFFERSON - 32.1
COURTLAND SIMMONS - 31.2
BEAU BECKER - 30.3
KIRAN FOLCK - 30.2
DRAKE YANEK - 30.2
CAM SIMMONS/JOHN BENTON - 30

BENCH PRESS (LBS)

HUNTER WINN - 302
PARKS ANDREWS - 285
COURTLAND SIMMONS - 281
GRANT MARILLEY - 262
ZACH GRIFFITH - 255
KIRAN FOLCK - 253
NETHAN LIYANAGE - 233
JACOB DYER/SEAN DUFFY/JACK CROKE - 225

GIRLS

OVR VERTICAL JUMP (IN)

HUNTER S - 25
ALLIE TYSZKO - 24.8
ADDIE SCOTT - 24.6
MARIA DELYANNIS - 23.6
JANE EARP - 22.6
ANISTON L - 21.8
SLOANE BECKER - 21.5
AUDREY LUKEVICS - 20.8

BENCH PRESS (LBS)

MARIA DELYANNIS - 132
SLOANE BECKER - 131
MILLIE BORUM - 121
CAROLINE BURROUGHS - 117
CARSON GADDY - 113
ANJA SPEERS - 108
HELEN MCCABE - 107
EMMALEE BAILEY - 105



08

LOOKING AHEAD.....

WINTER IN SEASON PROGRAM

Winter sports will begin in-season training the week of November 3. This provides time for new groups to invest in one another and a common goal. With seven varsity teams, six junior varsity teams, and a plethora of middle school teams, the in-season athletic performance program will include roughly 300 student-athletes. With competency growing collectively, exercise selection and programming will advance and build off what a high percentage of student-athletes completed in the fall.

WINTER OFFSEASON PROGRAM

Historically, the winter offseason training program has included the largest number of student-athletes during an athletic season. This program is focused on preparing the spring student-athletes for practice, but also geared toward enhancing overall athletic qualities including speed, power, strength, resilience, and energy system development. For many of our student-athletes this is the only true offseason they have throughout the calendar year. This program will begin November 17 and conclude in mid-February.

NEW TECH COMING THIS WINTER!

This winter we will implement new laser timing gates into our program. The new OVR Sprint is an accessible laser timing system that is time efficient, easy to store, easy to set up, valid, and reliable. This will allow the athletic performance staff to quickly assess, program, and manage sprinting during both the in-season and offseason program. In the past, our timing system was only used during the summer and winter offseason programs. The OVR Sprint is allowing us to add an important layer to our athletes' training menu.