MUNSTER HIGH SCHOOL

STRENGTH AND CONDITIONING

An Elite Student-Athlete Experience

<u>What is the strength and conditioning class?</u>

The strength and conditioning class is designed to provide an opportunity during the school day for student-athletes to participate in a structured strength and athletic enhancement program that will not interfere with after school activities, jobs or homework.

<u>Why is the strength and conditioning class important?</u>

- Year-round athletic development
  - Stength/Power development
  - Speed/Agility Training
  - Mobility and Core Stability
  - Body Composition/Self Confidence
- High school credits(PE)
- Helps mitigate injuries for student-athletes
- Provides student-athletes the opportunity to work with peers and develop leadership,work ethic and responsibility.
- Provides an opportunity for student-athletes to complete training during the day so they have more time for the following after school
  - Practice/extracuriculars
  - School work/tutoring or assistance on assignments
  - Jobs/family life
  - Sleep,Recovery,Rest
  - Being a high school kid (having free time for fun)

<u>How do you get into the class?</u>

1. Must be a student-athlete
2. Must turn in all IHSAA Forms and School Forms
3. Talk with your counselors about registering.
4. Get Registered

<u>For More Information Contact the Following:</u>

Mike Schultz - Athletic Director

Morgan Nolan - Principal Munster High School

Robert(Bob) Snyder - Asst. Principal/Guidance Director

Riley Edgerton - Head Strength Coach