

Unity Christian Athletics

Acceleration Strength and Conditioning Program

The program at U.C. is designed to help improve all athletic areas: strength, speed, flexibility, power, and agility. We are not here to become body-builders we are here to care for our "Temple" and become better athletes. This Acceleration Program consists of Whole-Body Complex training. All workouts must be inclusive of the following areas – this is for all sports.

1. Flexibility Training
2. Weights
3. Plyometrics & Jumpmetrics
4. Speed, Agility, & Quickness
5. Cardio Vascular – Conditioning

SPEED WORK + STRENGTH WORK = EXPLOSIVE POWER

Speed Work includes a variety of workouts

- 1) Stretch Training
- 2) Flexibility Training
- 3) Speed Training
- 4) Agility Training
- 5) Plyometrics & Jumpmetrics
- 6) Specific weight lifts w/ light weights & reps

Strength Work includes a variety of workouts

- 1) Stretch Training
- 2) Flexibility Training
- 3) Speed/ Resistance Training
- 4) Plyometrics & Jumpmetrics
- 5) Progressive Weight program to include Olympic lifts

As you can see, there are several overlapping workouts available for producing explosive power. Each sport has some specific strength training. However, there is less need for sport specific weight training because all sports are based on ground based power – Volleyball, Basketball, Soccer, Baseball/Softball, Running, and Track & Field.

A couple of things to keep in mind:

1. Speed training does require lifting – it is not just running & sprinting
2. Strength training is nearly 50% weight training and 50% non-weight training – our own body weight gives us good opportunities to gain strength and power.

"For apart from me [God] you can do nothing"
John 15:5

Paul tells us that our bodies are temples of the Holy Spirit, which is within us, and given to us from God. God has provided all of us with many abilities and talents. It is our responsibility to use these gifts to honor God in all we do and do it well.

Paul continues to teach us, "the body is a unit, though it is made up of many parts; and though all its parts are many, they form one body." Now Paul was actually referring to the Church and our role in the church. However, I offer two other points:

- 1) Your body is a unit, made of numerous muscle groups with different functions to make work as a whole. All the parts must be strong – The best acceleration program consists of whole-body training.
- 2) You are a member of a team; you are one part but an important part of that unit. The team's ability to perform well is based on how strong the many parts are and how they work together to become a team.

"To those who use well what they are given, even more will be given"
Matthew 25:29



Supervisors:

Football Coaching Staff
Coach Perry Krosschell
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UNITY CHRISTIAN KNIGHTS

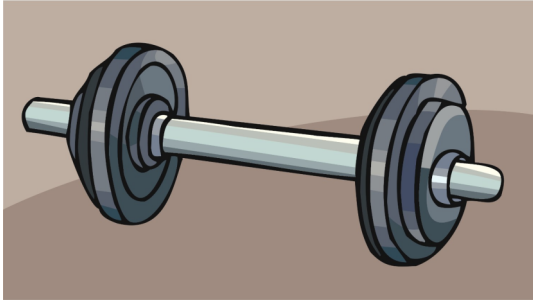


Program Objectives:

1. To provide a structured, supervised and safe strength and conditioning program for Unity students.
2. To provide a "whole-body" strength & conditioning program focused on injury prevention and life-long health habits.
3. To provide an exercise program to accelerate the athlete in their specific sport(s).
4. To prepare athletes for competition and enhance athletic performance.
5. To learn about and enjoy weight training and conditioning.

Summer STRENGTH and SPEED Program

(Speed, Power, Acceleration, Flexibility, Technique, Agility, Quickness, Explosiveness, Strength)



Summer Session

Tuesday, May 31 to
Friday, July 29

Session Times:

	Mornings	Evenings
Monday	6:30 – 8:00	5:00 – 6:30
Tuesday	6:30 – 8:00	5:00 – 6:30
Thursday	6:30 – 8:00	5:00 – 6:30
Friday	6:30 – 8:00	5:00 – 6:30

***Orientation for all new students
will take place the first day.***

***We start promptly
at 6:30 am or 5:00 pm!***

**Any changes or additions will be
posted on the white board on the
railing of the balcony.**

**NO LIFTING JULY 4.
That week we will lift Tues.-Fri.**

What is the cost?

There is No Cost. This program is sponsored by the Unity Booster Club and Athletic Programs.

Who can participate?

Open to all male and female students at Unity Christian High School. Includes enrolled incoming freshman.

Available Facilities:

- Balcony
- Outdoor fields
- Gym – maybe closed at times, see below**
- Locker rooms only for restroom use

**Gym at times may be closed due to previous reservations for NWC camps, Unity sports teams, or maintenance/upkeep.

A Typical “Full” Workout.

- 1) **Warm-Up** – light Jog (5 min)
- 2) **Dynamic Stretching** (10 min) – an active stretch
- 3) **Quick Feet Stations** (Excite the nervous system) (10 min)
- 4) **Core Lifting** – typical 30-45 min
- 5) **Speed, Power & Agility** (15 min)
- 6) **Warm-down & Stretch** (10 min)

The amount of time and extent of workout depends on several variables. How many days you workout? (2, 3, or 4 days). How much time you have available?

- Your training session would be altered to fit your schedule but should follow the above workout sequence.

Apparel: Shirt-Shorts-Socks-Shoes

- 1) Shirts must cover the frame of your body and not be too loose fitting.
- 2) Shorts should be long enough to allow coverage through the various exercises and stretches. A stretch short under another pair of shorts is encouraged.
- 3) Shoes are required (non-marking shoes). Those that will be doing agility and conditioning exercises outside should bring a pair of cleats.
- 4) Socks should be worn to prevent blisters.

Proper Weight Room Etiquette

- 1) Check In – Attendance.
- 2) Warm-Up and stretch properly before any workout.
- 3) Safety at all times! Watch out for yourself and others.
- 4) Lift correctly at all times. Technique is more important than amount of weight.
- 5) Always have spotters – workout in teams because you are a team!
- 6) Use weight lifting belt when needed.
- 7) Always rack all weights when completed.
- 8) Horseplay is not tolerated and must stay in designated areas.
- 9) Do not hold up equipment – keep moving quickly.
- 10) Warm-Down and stretch at conclusion of workout.
- 11) File workout sheets – let’s not leave paper or pens laying around.
- 12) Do not leave anything behind – Clean up after yourself - clothing, drink, etc.