

A Pride Strength

Angola Youth Strength Training will begin Monday, January 21, 2019. We will meet from 6pm to 7pm for seven sessions through Monday, March 4 at Angola High School. Sessions will be held in the high school gym and weight room. Our primary focus is to introduce our young athletes to our central training principles while teaching them proper form and safe techniques.

The athletes will gain confidence while increasing their body and athletic awareness and their fitness level. The movements they perform will help them in all sports. This program will also help to alleviate anxieties the athletes (and parents) may have about strength and agility training.

We will NOT be using free weights to train our young athletes. We will use body weight exercises, PVC pipes, and gym balls with active spotting. We will emphasize balance, proper landing technique, core strength, and the coordination of the upper body with the lower body.

We will not run this program as an open gym type format. Parents are not required to attend the actual sessions although we encourage parents to watch their children in action as much possible.

Forms are due on Monday, January 21. We will NOT allow anyone to participate without receiving the registration form with payment. Online registration will be available at www.ticketracker.com beginning January 7.

Youth Training Dates:
Monday, January 21, 6pm
Monday, January 28, 6pm
Monday, February 4, 6pm
Monday, February 11, 6pm
Monday, February 18, 6pm
Monday, February 25, 6pm
Monday, March 4, 6pm

All dates are subject to facility availability. If an athletic contest is rescheduled on one of the above dates, the youth training session will be canceled and not made up. Please contact us if you have questions (athomas@msdsc.us; 260-494-4507).



ANGOLA YOUTH STRENGTH & AGILITY TRAINING 2019

Participant's Name:	Parents Name:
School:	Grade: 3 4 5 6
Primary Phone:	Emergency Phone:
SHIRT SIZE: YOUTH S M L XL ADULT S M L XL XXL	ALLERGIES: Yes _____ No _____ If Yes, please explain:
Are you willing to help coach/run an agility station? Yes _____ No _____	

\$40 (Cash / Check)	Make check payable to: Angola HS Athletics Please return to: Angola HS, Attn. Andy Thomas 350 S. John McBride Ave Angola, IN 46703
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I hereby authorize the directors of the ANGOLA HORNET YOUTH STRENGTH TRAINING to act for me according to their best judgment in any emergency requiring medical attention, and hereby waive and release the MSD STUEBEN CO. SCHOOLS, AND ANGOLA STAFF from any and all liability for any injuries and illness incurred while at camp. I will be responsible for any medial charges or any other charges incurred in connection with my child's attendance at the camp.

Athlete is covered by:

(Name of insurance company)

I, _____, hereby agree the above information is accurate and current.
(Print Name)

Signature: _____ Date: _____

ANGOLA YOUTH STRENGTH & AGILITY TRAINING 2019

Objectives

1. Introduce proper form and safe techniques
2. Introduce important common language (buzzwords)
 - a. “Squeeze” – shoulders
 - b. “Stance” – shoulder width apart
 - c. “Posture” – shoulders high and butt low; bend at knees not waist; stay upright
 - d. “Knees Up” – knees at 90⁰ on lunges
 - e. “Heels” – press up from floor through your heels
 - f. “Parallel” or “Past Parallel” – squat position
 - g. “Opposite arm / Opposite leg” – position when running or doing lunges
 - h. “Land under control” – stick landing when coming to a stop/jump stop
3. Increase body and athletic awareness – how to get places and how to be when get there
4. Increase fitness level
5. Have Fun!
6. Come Back – next year; Summer after 6th grade; Winter of 7th grade; January 8th, etc.

Logistics

- Must register & pay by Monday, January 21, 2019
- Angola Youth Strength Remind: Text @c97a62 to number 81010
- If school is canceled, we will cancel
- Can miss but better if attend each session
- Be flexible = we may get moved into cafeteria
- MUST be positive and encouraging
- Each session will be approximately 50 minutes
- Session Format: Debrief, Warm Up, Strength Component, Agility Component, Debrief



<u>WARM UP</u>		
<p><u>Form Run</u></p> <ol style="list-style-type: none"> 1. Carioca 2. Carioca 3. Skips - Height 4. Skips – Distance 5. A Skip 6. B Skip 7. Hurdle Hops 8. Tall & Fall 	<p><u>Pipes</u></p> <ol style="list-style-type: none"> 1. Lunges 2. Backward Lunges 3. Side Lunge 4. Side Lunge 5. Sot Press 6. <i>Posture bar pick up</i> 7. <i>Hanging Shrug Jumps w/ Feet Pound</i> 	<p><u>Olympics (no pipes)</u></p> <ol style="list-style-type: none"> 1. Squeeze 2. Feet 3. Hands 4. Seat 5. Arms 6. Drop

<u>STRENGTH TRAINING</u>		
<p><u>Upper Body</u></p> <ol style="list-style-type: none"> 1. Push Ups 2. Dips 3. Pull Ups 	<p><u>Lower Body</u></p> <ol style="list-style-type: none"> 1. Double Leg Squats 2. Hands Free Front Squats (w/ pipe) 3. Goblet Squat (w/ gym ball) 	<p><u>Olympic Training</u></p> <ol style="list-style-type: none"> 1. Starting Position <ol style="list-style-type: none"> a. Toes b. Shoulders c. Elbows d. Rack It e. Thighs f. Starting Position 2. Posture bar pick up 3. Hang Jump Shrugs w/feet pound

<p><u>Agility</u></p> <ol style="list-style-type: none"> 1. Over-Under Hurdles 2. Side to Side Hurdles 3. Box Jumps 4. Depth Jumps 5. Ladders 6. Banana Bars 7. Ropes 	<p><u>Core</u></p> <ol style="list-style-type: none"> 1. Sit & Reach 2. Knee Ups 3. Planks 4. Inchworms/Toe Drags
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