



# Bison Summer Strength and Conditioning 2009

## Program Description

The Bison Summer Strength and Conditioning Program is a comprehensive and systematic approach to training that addresses all of the vital components involved in achieving optimal athletic performance including:

- \*1. Strength/Power
- \*2. Speed/Agility/Quickness
- \*3. Cardio-respiratory Capacity
- \*4. Functional Range of Motion
- \*5. Nutrition
- \*6. Specificity of Skills
- \*7. Rest and Recovery



## Primary Goals

### **1. Reduce the likelihood and severity of injury.**

Improve structural integrity of joints

### **2. Stimulate positive physiological adaptations that allow the athlete to maximize performance potential.**

Improve strength/power

Improve speed/agility/quickness

Improve cardio-respiratory response

Achieve and maintain functional ROM.

Improve nutritional awareness and decision making.

Improve body composition

### **3. Improve confidence and mental toughness.**

Require athletes to provide "all out effort".  
Expand tolerance for physical discomfort.

## Program Info

**Who should join:** Any 7<sup>th</sup>-12<sup>th</sup> grade (in Fall 2009) Buffalo-Hanover-Montrose student interested in improving their athletic performance or overall physical fitness level. (male or female, proven athlete or novice)

**All student-athletes participating in any sport are highly encouraged to participate!**

**Where:** Buffalo High School Weight Room, Activity Center, and other facilities

**When:** Starts Monday, June 15 and ends Thursday, August 13 **\*1st Yr Participants see back**

**Class Times:** 7:00, 8:00, 9:00 a.m. and 6:30 p.m. daily. Each session runs 1½ hours. We will meet M, T, Th, F the first five weeks and M, T, Th the final four weeks. See the back for specific meeting dates. There will be no sessions on July 2 and 3 due to the 4<sup>th</sup> of July holiday.

**Cost:** \$95.00 This is for the entire nine week program.

**Fundraisers are available to offset the cost, see Coach Rohl or Hanson.**

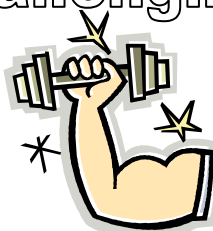
**Sign Up:** Detach and return the form on the back with a check payable to **Buffalo High School**. **Please** return by **June 1** to:

Buffalo High School  
Attn: Summer S&C Registration  
877 Bison Blvd.  
Buffalo, MN 55313

**Registration may also be dropped off at the BHS activities office.**

Challenging!

Fun!



Rewarding!



### **Orientation for 1st year participants**

Thursday, June 11 from 8 a.m.-11 a.m.

All participants who are **new** to the program **should** plan to attend to learn program procedures and proper lifting technique in a small group format.



### **The Staff**

**Troy Hanson**-Strength and Conditioning Coordinator/Coach

**Gerard Rohl**-Head Football Coach, Assistant Baseball Coach

**Scott Palmer**-Head Track Coach, Varsity Assistant Football Coach

**Chris Gmach**-Varsity Assistant Football Coach, Varsity Assistant Baseball Coach

**Jill Hanson**- Head Cross Country Coach, Head Nordic Ski Coach, Middle School Track Coach

### **Additional program features;**

**Guest speakers may be coming to speak on topics related to improving athletic performance or improving health or nutrition.**



### **Want to join a carpool list???**

Please send an e-mail to the address below listing your name, address, and contact info. A list will then be sent to interested parties in early June.

### **Dates SS&C will be held:**

June 15, 16, 18, 19, 22, 23, 25, 26, 29, 30

July 6, 7, 9, 10, 13, 14, 16, 17, 20, 21, 23, 27, 28, 30

August 3, 4, 6, 7, 10, 11, 13

If you have any questions contact:  
Troy Hanson, 763-682-8012  
thanson@buffalo.k12.mn.us

Detach on line and return with payment

## **Registration and Waiver Form**

Student Name \_\_\_\_\_

Grade(Fall '09) \_\_\_\_\_ T-shirt size \_\_\_\_\_

Possible sports in 2009-2010: \_\_\_\_\_

### **Session registering for (circle one, please!):**

**Session 1:** 7:00-8:30 a.m., **Session 2:** 8:00-9:30 a.m., **Session 3:** 9:00-10:30 a.m. **Session 4:** 6:30-8:00 p.m.

All classes are M-T-Th-F the first five weeks and M-T-Th the final 4 weeks

### **Attention:**

Parents and athletes should be advised that this program is rigorous and the possibility of athletic injury is real. All staff members are experienced high school coaches and teachers but no instructor can guarantee complete safety at all times. We want all parents, guardians, and student-athletes to realize the risks before registering for this course. Common injuries incurred in the past include ankle sprains, muscle strains, and bruises. By signing this waiver form you consent to our staff attending to any injury that may occur and seek assistance when necessary. It is not the responsibility of School District 877 or the instructors of this course to provide insurance for the participants.

Parent Signature \_\_\_\_\_

Address: \_\_\_\_\_ City \_\_\_\_\_

Phone numbers for emergency contact \_\_\_\_\_

\*Reminder: Make check payable to **Buffalo High School** and return by **June 1**.