

# **Lake Central Indians**

## **Athletic Development and Wellness Program**

**Boys & Girls**

**Grades 5-8**

**Monday–Tuesday–Thursday**

**4:30 – 5:30 p.m.**

**Monday February 13<sup>th</sup> - Thursday March 23<sup>rd</sup>, 2017**

**1<sup>st</sup> Workout – Monday, February 13<sup>th</sup>, 2017**

- **Athletes may attend daily depending on other activities / motivation.**
- **Enter LCHS at Aquatics Center Entrance “C”**
- **Athletes should report to the LCHS Weight Room immediately upon entering school.**
- **Attire: T-Shirt, shorts/sweats, athletic footwear.**
- **Rides: Pick-up at Aquatics Center Entrance of school “C”**
- **Cost: \$60**
- **Make checks payable to: Lake Central Athletics**

## **Program Structure**

**The program will be run by LCHS Strength and Conditioning coach, Tom Halterman. Coach Halterman is a member of the National Strength and Conditioning Association and a certified trainer through the National Academy of Sports Medicine (NASM). In addition, Coach Halterman is certified as a speed and explosion specialist through the National Association of Speed and Explosion (NASE), as well as a Certified Speed and Agility Coach (CSAC). Athletes will work on the fundamentals of athletics: agility, balance, coordination, and speed. Weight lifting will only occur when the athletes have demonstrated the ability to handle their own body weight. Instruction will focus on proper running mechanics, plyometrics, agility training, core strengthening, and flexibility. The purpose of the program is to assist young athletes in maximizing their potential, while preparing them for higher- level training in the future.**