

## **Program Information**

- This is a two part program geared to make you a better athlete. Part one focuses on how to stop, start, accelerate, change direction laterally, change direction horizontally, and control your body while playing sports. The second portion is designed to improve running form, foot work, stride frequency, stride length, and running efficiency.
- These skills are developed through a combination of jumping, starting, stopping, balance, and footwork drills. These drills will use running ladders, speed discs, speed hurdles, regular hurdles, and plyo boxes. All of these drills are designed to improve athletic ability in the safest manner possible. All hurdles are made of light weight plastic that will tip over rather than trip the athlete. All plyo boxes have a non-slip surface.
- Each 40 minute session will consist of a warm-up, balance/stopping/starting drills, plyometric jumping drills, agility drills (change of direction laterally & vertically), footwork drills, running form drills, and a cool down. This is not a conditioning program. The athlete's legs should be fatigued at the end of each session; they should not be physically wiped out.
- There will be a total of 12 sessions. The sessions begin on Monday, June 29<sup>th</sup> and end on Thursday, August 6<sup>th</sup>. Each athlete will attend classes on Mon/Wed or Tues/Thurs. All football "Skill" players and anyone who has taken the class before will attend the Mon/Wed sessions and all football lineman and anyone who has never taken the class before will attend the Tues/Thurs sessions. All classes run from 7:00-7:40 am. Final session assignments will be emailed to all participants. Classes will be held in Cougar Stadium or under the overhang in front of the high school when it rains.

## **What to Bring**

- All forms: Medical Information Sheet, Athlete Information/Registration Sheet, & Both Waiver Forms (These need to be signed by both the athlete and parent/guardian). These forms should be turned in by 6/19 to Coach Griffin.
- Payment: \$107 dollars per athlete. All checks should be made out to "Cougar Powersports". Please include your child's name on the check. Payment must be turned in by 6/19 to Coach Griffin.
- Sneakers that are in good condition and fit properly.
- Appropriate training attire. The athlete should be comfortable and have full range of motion at all joints. If it is raining out bring warm clothes since we might be under the overhang in the front of the school.
- Positive attitude and strong work ethic.