

# **Strength and Conditioning Philosophy**

1. ***Building Block of the Program*** – Football is unique. Our off-season is much longer than any other sport's off-season. We will establish our culture and standards with what we do in the weight room. Creating mental toughness and a strong work ethic are imperative for a strong program, and that can all be accomplished through a great strength and conditioning program.
2. ***Train the Entire Athlete*** – Strength and conditioning is more than just becoming the biggest, strongest team in the country. We must give equal consideration to speed, agility, explosion, quickness, and acceleration. We must also train the heart and mind of the athlete. A complete program will also create athletes who fight through adversity and understand what it means to be a champion.
3. ***Team Chemistry and Cohesion*** – When teams work hard and overcome adversity together, they create bonds that can withstand any of the turmoil a season throws at them. They will learn to push each other, advocate for each other, and support each other.
4. ***Energy and Excitement*** – The weight room is where we can create an atmosphere of positivity, energy, and excitement. Demonstrating how fun it can be to work hard and get better will transfer onto the football field. We will establish the mentality of being excited to go to work!
5. ***Year Round Training*** – Our athletes will be provided with 12 month programming. This is extremely important in order to control periodization of strength, max strength, power, speed, and deload. Giving the athletes guidance will ensure that they are not overtraining or undertraining.