



## VISTA RIDGE 2020-2021 SUMMER PROGRAM

### Vision:

The Vista Ridge Strength and Conditioning Program is geared to develop maximum opportunities for students to engage in a lifetime of athletic movements.

### Mission statement:

The summer program will provide both incoming Vista Ridge freshman and current student-athletes the opportunity to grow and develop into well-rounded individuals using scientific strength and conditioning principles.

### Core Values:

#### **FAMILY:**

Our Students athletes are a part of our Strength and Conditioning family. They will be a part of the process in continuing to build and shape the culture of our program.

#### **VALUE:**

Students will be put into leadership roles and understand the value that they bring to their teams and positively in school culture.

#### **INTEGRITY:**

Students will see the benefits of doing the right thing when nobody's watching. Working as a team to accomplish their goals together.

#### **EFFORT:**

Understand the effort they put into the program will produce the outcome they want in return.

#### **DETERMINATION:**

By having both a team and individual goal will help the students work toward becoming the best version of themselves while helping others.

### Objectives:

- Decrease injury, while increasing durability, building strength and power
- Enhance sports performance and wellness through speed and agility
- Build a Championship Culture
- Educate on Nutrition habits.



## Summer Program Schedule

7 Week program

Day	Monday	Tuesday	Wednesday	Thursday	Friday
Resistance Training	Full Body		Full Body		Full Body
Speed		Linear/Lateral		Linear/Lateral	
Agility/Plyo		Upper Body/Linear		Lower Body/Lateral	

### Times and Teams:

- 6:15-7:30: Wrestling, Basketball (Boys & Girls)
- 7:15-8:30: Cheer/Dance, Volleyball
- 8:15-9:30: Baseball, Softball, Soccer (Boys & Girls)
- 9:15-10:30 XC, Track, Golf (Boys & Girls)
- 10:15-11:30 Football

**Week 1:** June 7th-11th  
**Week 2:** June 14th-18th  
**Week 3:** June 21st-25th  
**Week 4:** June 28-July 2nd  
**Week 5:** July 5th-9th  
**Week 6:** July 12th-16th  
**Week 7:** July 19th-23rd

### Head Strength/Conditioning Coach and VRHS Physical Education Department Chair:

**Justin Loudon** - B.S. Health and Physical Education, Certified Strength and Conditioning Coach- National Strength and Conditioning Association. Coach Loudon's background includes being a Division I wrestler (Lock Haven University), as well as training over 30 student-athletes that compete at the collegiate level, over 10 student-athletes currently at a Division I program, Junior Olympic field hockey players. Head Strength and Conditioning and Wrestling coach for amateur and professional MMA fighters that include a former UFC fighter, as well as professional soccer players.



## Registration

Cost:

\$80 Monday - Friday Training

Students First Name \_\_\_\_\_ Students Last Name \_\_\_\_\_

Sport/Time \_\_\_\_\_ Email Address \_\_\_\_\_

Parent Contact:

Name: \_\_\_\_\_ Phone Number \_\_\_\_\_

Parent/Guardian Signature (Required Signature) \_\_\_\_\_

With your signature, you understand that the student-athlete will participate at their own risk and that said participant is in required health to engage in exercise. School District 49, Vista Ridge High School, coaches and supervisor of said clinics will not be liable for pre-existing health issues, improper participation or use of facilities.

- Please make checks out to Vista Ridge Strength and Conditioning