

## **Introduce Myself**

- I am one of the math teachers and coached football and track here for many years before starting a Strength & Speed business that led me back here.
- I am lucky that we have 4 other assistant strength coaches also. I am the only head coach that has all of their assistants in the building.

## **Our Mission**

- To prepare every athlete (we mean every & some non-athletes) for the demands of their sport. Getting calloused.
- To increase the strength, speed, and stamina of every athlete.
- To actively prevent injuries in all athletes. If your child doesn't come to the off-season workouts, then the injury rate will be high. This is a hard balance for our coaches because they will be wrong either way.
- Win the All-Sports Trophy, ECC Championships, & State Championships
- Ultimately you can evaluate me on two things. Does everyone have an opportunity and if they are coming are they getting better?.

## **In-Season Workouts**

- Each team gets 2 days a week for 45 minutes. This is ultimately the head coach's decision if they use their slots or not.
- For sports like baseball and softball, we are extremely flexible.
- How long the season is if you want to win a state championship.

## **Off-Season Workouts**

- All student-athletes can come to off-season training and the boys and girls train at the same time but in different groups.
- We separate them out by training age so we can get a lot of work done with the older athletes and also be able to slow down and teach when needed for our younger athletes.
- We can be flexible with their club and work schedules. Club athletes can come in any day of the week right after school. If they can't come because of work, they can lift with football in the morning.

- Some athletes want to workout on their own, I say that is great as long as they also come to our workouts.
  - Nobody is coaching them.
  - Students that workout on their own usually only lift.
  - Workouts are hard and we run a lot and that's what the kids don't want to do.
  - I will help them design their own workout also.
  - Basketball example. Spend 95% of game without the ball.
  - Girls Lacrosse is all running, no contact.
  - Cross Country numbers should be higher
  
- Please use the workouts offered at the clubs as dessert not the main course. Cincy East example. Please don't think that just because it is free that it is cheap or not valuable.
  
- As a school we need a balance between getting better at skills and becoming better athletes. Club/AAU for the most part only offers skill development. We are here for overall athletic development. Boys shooting 3-pointers example.
  
- Your child should still come to workouts even if they are hurt. We have equipment to do anything they need and April has the final say.
  
- Parent observation weeks.

### **What Do We Need To Do To Continue To Improve?**

- We are trying to win the All-League Trophy, ECC Championships, and State Titles.
- We are getting better and we have had a great year but we need to continue to progress.
- I am excited while still unfulfilled. Not happy until we best sports program in Ohio.
- We have a variety of success levels but everyone needs to get better.
  - There is a correlation between off-season attendance and success. Just a piece of the pie though.
  - We have teams that are really young, are doing everything right, and the work will pay off eventually.
  - We have other sports that are on the cusp of competing for league titles and we need to get over the hump.
  - We have other sports that are really good but not good enough to win State.
- Take advantage of windows - Boys Golf, Girls Golf, Boys Bowling, etc.
- We are going to have to do this together.
- Ask your coach which kind of team your child is on and what they think their program needs to do.

### **For More information**

- Use the QR code for training info and the Schoology code.
- Schoology is one-stop-shop for calendars, workouts, dietician info, testing results, etc.