

HUNTER WOLVERINES FOOTBALL

OFF-SEASON: STRENGTH & CONDITIONING Jr. High Athlete Development (7th/8th Graders)



The Hunter High Football staff is proud to announce that we will be hosting **"FREE"** strength development sessions for Jr. High athletes interested in playing football at Hunter High School in Fall 2019.

WHO:

Current 8th grade students who are interested in being a part of the Hunter High Football program.

WHY:

To prepare our young athletes for the transition from Jr High to High School level athletic competition.

WHAT:

An introduction to the Hunter Football Strength & Conditioning program. High School athletes should be engaged in a holistic training program that sets a proper foundation. Athletes need to be well-balanced, and ready to compete in more ways that are generally evident at first glance. Our program at Hunter High School will aim to develop our athletes from the ground up. The earlier our athletes can begin developing these areas, the better! Our Strength & Conditioning program will teach and incorporate basic fundamentals to the following elements.

1. Baseline Strength (Press, Squat, Pull, Hinge, Lunge)
2. Mobility (Proprioception, strength through range of motion, unilateral strength, flexibility)
3. Injury Prevention (Joint stability, proper movement patterns, muscular balance)
4. Power (Plyometrics, high velocity movement, acceleration/deceleration)
5. Engine (Aerobic capacity, anaerobic threshold, MetCon)
6. Mind (mental toughness, self confidence, teamwork)

WHEN:

TUESDAYS & THURSDAYS FROM 4:30PM - 5:30PM (JAN 29, JAN 31, FEB 5, FEB 7, FEB 19, FEB 21)

*****NO TRAINING ON FEB 12 & FEB 14 DUE TO PARENT TEACHER CONFERENCES*****

MARCH DATES AND TIMES TO BE DETERMINED BASED ON BUILDING AVAILABILITY

WHERE:

**HUNTER HIGH SCHOOL WEIGHT ROOM / GYMNASIUM (4200 S 5600 W, West Valley City, UT 84120)
(NORTH EAST CORNER OF BUILDING "A-HALL")**

*****MUST ENTER FROM NORTH EAST SIDE DUE TO CONSTRUCTION*****

QUESTIONS?:

IF YOU HAVE ANY QUESTIONS, PLEASE CONTACT COACH RICHARDS AT TGRICHARDS@GRANITESD.ORG