

SUMMER PROGRAMMING

2017 MCA

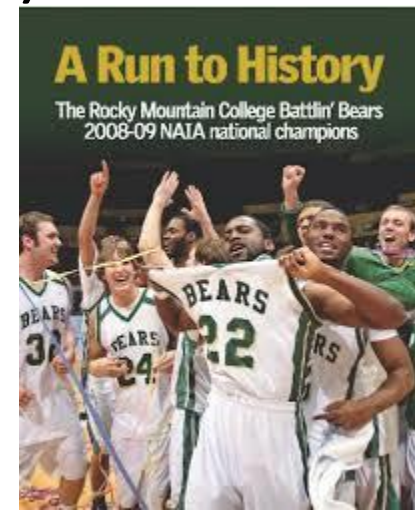
INTRODUCTION

- Mark Johnston, NSCA-CSCS, USAW-L1
- State Director, NSCA
- Sports Medicine Associate, Billings Clinic
- Elite SST program – lead instructor
- Billings West High School Strength Coach



BACKGROUND

- Personal Training
- Exercise Physiologist – St. Vincent’s Hospital
- Strength Coach (CSCS)
- AMP + Rocky Mountain College
- 2011-Billings Clinic SST (now Elite-SST)
- Billings West High School



NSCA

- On line content
 - NSCA.com
 - Continuing Education Options
 - State, Regional and National conferences
 - MT host Northwest Regional Conference in 2018
-
- State level
 - Facebook
 - Twitter
 - NHSSCA



Today

- Background
- How I got here
- Programming for h.s. athletes
- Summer program overview
- Challenges
- Questions?

Private AND Public

Billings Clinic Elite-SST



- 4 or 6 week “camps” 3 x week at most (18 sessions)
- Fee
- Individual, group and team training
- Speed, agility and plyometrics
- Touch on weight training (focusing on technique)
- Core and flexibility

West High School



- Strength & Conditioning classes during school year
- Summer programming fee
- Weight room focus
- Summer = 4 days/week for 8 weeks (football 5/week)
- School year = 2 semesters
- Well rounded athletes (hopefully!)

How did I get here?

Insert pic here

- Meeting with new A.D.
- Presentation to all varsity coaches
- I.D. potential candidate
- Sold my bosses
- One last presentation.....



Timing is everything

3 factors in my favor –

1. Experience
2. West football 2014
3. New A.D.
4.now what??

Lesson: Be prepared for the answer you want.

Work from the top down



How hard are we working?



Ouch



What we saw / where do we go?

Past

- Mirror muscles
- Back squat + Cleans
- Poor posterior chain
- No pulls or shoulder stab.
- No Dynamic warm up
- No Mobility + Flexibility
- No Integrated core
- Overall form poor

Future

- Balance
- Comprehensive program
- Activate glute/ham
- Pullups – bands – PVC
- Introduction + variety
- Part of everyday work
- On feet as well as back
- Break down / build back up

Needs analysis

- Facilities
- Equipment
- Backing of coaches
- Stepping on toes?
- Past programming
- Past culture
- Needs vs. wants
- Buy-in and involvement
- Graduate 3 classes
- Don't know any different

Needs analysis: West High Facilities

1. Space? Positive
2. Equipment? Positive (mostly)
3. Addition by subtraction?
Hammer Strength, old bumper plates
4. Needs (none at this time)
5. Wants (yes) \$ fed back into program every semester and from summer \$\$
6. We can accommodate 60+ athletes at a time in the weight room



Athletes

- Test and re-test
 - 10 + 40 yd
 - Pro agility
 - VJ
 - 3-rep maxes
 - 1-rep maxes
 - How often?
- Insert picture here

Core lifts

- Bench press
 - Back squat
 - Dead lift
 - Power clean (clean)
 - Standing military
 - + all derivatives
- 1-rep max for all EXCEPT DEADLIFT
- Put picture here

2017

- Four 90-minute sessions
- One 60-minute session (incoming Freshman)
- Groups (teams) training
- Coaches present and coaching
- “SPORTS” Specific
- Gender specific
- Don't turn kids away

2 different worlds

- Football 6:00 a.m.
- Began in January
- Summer is pre-season
- Tri-phasic training
- Undulating periodization
- Increase force production, work capacity and mental + physical toughness
- 3 sessions “the rest”
- BBB + GBB + VB
- Soccer
- CC
- Track
- Dance
- Cheer
- Tennis
- Wrestling (football)

Football

- Average 40 , have had 60+
- 2 groups (lines and skills)
- 4-day lift with a 5th day x-fit / metabolic / competition / team building / FRIDAY
- 2 upper days + 2 lower days
- Balance push + pulls / knee + hip extension
- Olympic lifts (cleans / press / jerks)
- 'Toys' – sleds /ropes/med balls/tires etc

GBB – BBB – VB –

- 4 days / week
- 2 upper / 2 lower
- 2 combo wt room + 2 combo HIT training
- 1 upper + 1 lower + 1 combo + 1 HIT
- Sport specific?
- Gender specific?
- How do we measure success??

Soccer and CC

- Insert pic of me blowing my brains out
- Run Strong

Well rounded

- Dynamic warm-up (variety but sameness)
- Pre-hab (hips / shoulders) with PVC / Racks
- Cluster sets with a stretch portion
- Core on feet, not just on back EVERY day
- Restorative (Grey Cook) partner assist
- Hip “core 4”
- Static stretching

- Add videos of pre-hab
- Add pic of cluster sets
- Add pic of “core 4”
- Add pics of restorative

Plyometric work

- Linear and lateral hops and jumps and bounds
- Band or weighted resisted
- Band assist (French contrast method)
- Cluster sets
- Follow NSCA recommendations for foot touches
- Increase amount of touches in pre-season
- Progress from stabilization to reactive

Agilities

- Cones, cones, cones
- Ladders
- Coach them hard here
- Transitioning from one movement to another like “an athlete”
- Hip mobility and ability to transfer force
- Acceleration and deceleration
- Repetition
- Teach them to move, their coach will coach them on specific sport

Speed

- Sprint technique (biggs and skills)
- Pull car tires for resistance (technique)
- Short , medium, long sprints
- Vary rest times according to day
- Speed endurance vs. quality speed work
- Football running vs. track running ie: grind
- Good and bad of timed 40's

MON-TUES-WED-THUR

- Lines (+ LB's)
- Dynamic with hips
- Plyo (box or band-resist frog jumps)
- Lower body lift
- Core or finisher
- Sled pushes
- Restorative
- Static stretch
- Skills
- Dynamic with PVC shldr
- Agilities (cones)
- Upper body lift
- Core or finisher
- Sprint work outside
- Restorative
- Static stretch

Add workout sheet here

Tri-phasic

- RFC pic from book here

Eccentric

- Tempo 6 – 0 – 0
- Front and back squats
- RDL's
- Bench press (incline)
- Pullups + military
- Slows us down and helps find “bottom”
- Technique will correct itself in a hurry
- Add video

Isometric

- Same lifts as Eccentric phase
- Tempo 0 – 5 – 0
- Drop like a brick
- Fixed resistance
- Pull down to bottom and squeeze
- Mental toughness and discipline
- Work capacity and toughness ^^
- Whine factor ^^^^
- Add video

Concentric

- Measurable – testing
 - Accelerate bar out of the hole – coach “intent”
 - Speed all the way through range of motion
 - Push feet!
 - Throw bar!
 - Drive foot through box!
 - Pull the rack down!
- Add video

Testing

- Our results 2017
- Data here