

Stillwater Area High School

Criteria for a Varsity Letter in Strength Training

1. Pay \$50 club fee to the Activities office. Sign up online.
2. You must be in 9th-12th grade in order to letter.
3. Attend 95% of the offered Strength and Speed sessions. (64 sessions) *3 missed sessions(you can make up missed sessions)
4. Participate in all Strength and Speed sessions that you attend.
5. Show progress in the three core lifts of Squat, Bench and Clean.
6. Athlete must demonstrate proper lifting and spotting technique.
7. Record your pre and post testing results within prescribed timeframe.
8. Coaches discretion.

Speed Facts

1. **Speed is related to muscle mass.** Why? - running speed is influenced by being able to apply more force into the ground, not by moving the arms and legs faster. The more **powerful** your leg muscles are the more **force** they can apply to each ground contact.
2. **Everyone** can get faster. And **anyone** can improve their speed off the mark.
3. Sprint training over **short distances** will help you improve the speed of your contractions. So will **plyometrics** exercises.
4. **Improving your running mechanics will make you faster.** Most football players, in fact most sports men and women have never been taught correct sprinting form. All other things being equal, the more efficiently you can run, the faster you can run.

Strength Facts

1. Free Weights Activate More Muscles than Machine Weights.
2. Only by lifting close to maximum loads will you condition your body to recruit fast twitch fibres.
3. You begin to lose muscle strength after one week of inactivity.