

In many ways our 2020 football season is well underway. Our strength room is open every day after school and we have contracted with TCO Training Haus to have **Shannon Rainey**, a sports performance specialist, to be at Eastview developing our athletes so they become more explosive, flexible, confident, and more injury-resistant. Coach Rainey has been designing great workouts to help ALL our athletes realize their performance potential.

See Coach Rainey's Bio here: <https://traininghaus.com/our-team/>

First, we believe and fully support the multi-sport athlete. Performance research is very clear that the multi-sport athlete is healthier in their physical and social-emotional being. We encourage all football players to be involved in other sports out of season. The lessons, teamwork and competitive situations experienced in those sports is invaluable.

When the athlete is not participating in a sport, we believe strongly in the concept of training **together** with teammates. We have learned over the past 25 seasons that training together in the strength room translates to success on the field. The more our athletes invest in their own improvement and support their teammates with their development, the greater our success.

- Working together, sweating together, pushing each other together creates greater unity, trust, and a sense of **“brotherhood”**. Football is a team sport, arguably the greatest team sport there is. No matter how good an individual is, you need your teammates to realize your full potential as an athlete.
- A properly designed workout helps to **prevent injury** by working the whole body to correct deficiencies in strength and flexibility, which are the leading causes of injury and re-injury.
- A performance-designed workout also ensures athletes are lifting in a way that gets them out of their **comfort-zone**. Many high school kids like to do the lifts they're good at and ignore the ones that challenge them and reveal their deficiencies.
- **Consistency** in workouts is perhaps the MOST IMPORTANT indicator of performance success. Many athletic trainers will tell you that consistency is just as, if not more important than the actual workout you're doing. Being invested, disciplined, and consistent is important for kids to learn in high school because it develops accountability to themselves, their teammates, and the team's shared purpose.

For those who want to play at the next level, when college coaches and recruiters come to Eastview the FIRST thing they want to know about an athlete is what is their work ethic? How committed are they in the weight room? Are they a good teammate who encourages and supports others? How do they handle adversity?

For those not in a winter sport we would **challenge** them to committing to at least 3 days-a-week in the strength room. We train on Monday, Tuesday and Thursday.

Eastview Football Coaching Staff