Prior Lake Waves Fastpitch Training 2017-2018

**Dates: Tuesdays and Thursdays**

October: 31st
November: 2nd, 7th, 9th, 14th, 16th, 28th, 30th
December: 5th, 7th, 12th, 14th, 19th, 21st
January: 2nd, 4th, 9th, 11th, 16th, 18th, 23rd, 25th, 30th
February: 1st, 6th, 8th, 13th, 15th, 20th, 22nd, 27th
March: 1st

**Softball Training:** 4 cages – 6pm-9pm
14s: 6-7pm
16s: 7-8pm
18s: 8-9pm

**Performance Training:**
14s: 7-8pm
16s: 6-7pm
18s: 7-8pm

Performance Training with NorthStar Performance will focus on building a stronger, faster, and more explosive athlete. Before starting NorthStar Performance Training each individual athlete will come in for an initial assessment to test current strength mobility metrics and identify movement qualities.

**Assessment:** The assessment is a pre-program meeting where the strength coach can meet the athlete (and parents) and discuss specific performance qualities such as: position played, other sports and active endeavors, injury history, goals, etc. This will be followed by a general physical assessment of passive
joint range of motion, joint laxity and overall movement quality. The training program and physical preparation will be based off of the initial assessment of the athlete in order to benefit the athlete’s individual needs.

**Physical Preparation:** Physical preparation and warm up will be individual. No two athletes are the same and should not be treated as such. The physical preparation phase is designed to get the athlete’s body ready for the workout to come in addition to correcting any lack of motion or inefficiency that the athlete may have that could potentially be problematic down the road. This is also where the athletes will get some of their power development work completed.

**Power Development:** Power is the key to high levels of athletic performance. Power is the combination of speed and strength and is the ultimate goal of performance training. Outside of building a stronger foundation the athlete will also train for increased neuromuscular connections and rate of force development (RFD). These two factors will have a huge impact on a player’s power output and performance.

**Strength:** At the core of all of the performance training building strength is the most beneficial part for athletes, especially female athletes. Female athletes aren’t able to rely on their physiology as much as male athletes are for adequate strength to improve performance strength and power, therefore it must be a staple in their training. Building strength is good, but strength for strength’s sake is no good either. There must be good movement first before the strength can become useful and beneficial for the athlete. At NorthStar Performance there is a premium placed on movement and rep quality first and foremost. The amount of weight being lifted means nothing if the rep quality is not optimal. Technique and form are crucial and will be the highest priority with our strength training.

**Arm Care/Strength:** Arm care and arm strength are often times one and the same. In order to have a strong arm the athlete must also have a healthy shoulder. A strong arm comes from a lot more than a
strong rotator cuff, the athlete must be able to generate, transfer, and absorb force through the ground all the way through their legs, hips, core, arms and finally into the ball at release. Throwing a ball is the single fastest movement in all of sports and also one of the most complex. Building an athlete that knows how to use their body efficiently without and weaknesses, imbalances, or energy leaks or movement restrictions will have hugely increase the athlete’s ability to throw hard. Arm care comes down to making sure the athlete has good joint mobility and stability, as well as proper deceleration mechanics, the body will not move faster than it can stop regardless of how strong it actually is.

**Recovery:** A crucial part of being an athlete and training is recovery. Athletes will be taught how to recover from long weekend tournaments and intense training sessions.

**Training example:** Performance training will be a team lift much like athletes would experience in a collegiate training setting 2x a week. If a day is missed it is the athlete’s responsibility to schedule a make-up day and time with the strength coach. There will also be a third optional day for team condition and aerobic capacity training as well. This will be a key component to improved recovery and the ability to perform at a high level throughout the entire season.

**Overall Performance Goal:** Our goal is to provide a collegiate style-training environment where individuals can challenge each other in a high tempo environment and work together for a common cause. Workouts will be structured in a way that individuals may adjust weight, reps, and modify technique to maximize their training.