

Conestoga Christian Sports Performance

We believe that sports performance training will provide: injury prevention, performance enhancement (strength, power, speed and agility), and increased mental toughness for our athletes. CCS Athletics is committed to providing each athlete with the necessary resources to improve their sport performance through strength and conditioning.

Implementation

In year one the team training sessions will be instructed by Mrs. Turner and Mr. Yoder. Individual workouts will be available through MyAvido.com. Access to MyAvido.com will be given the end of the 2017-18 school year, so that athletes can begin to train over the summer.

Pre season – Each team will train together for three 35 minute sessions for the first two weeks of practice.

In Season - Each team will train together for one 35 minute session a week. Athletes will also be given up to two additional workouts per week to be completed at a time of their choosing.

Out of Season – Athletes will be given access to 2-4 workouts per week that are sport specific and professionally structured to improve the athlete's power, strength, and quickness.

Testing

Testing will be done 3-6 times per school year. Each athlete in grades 9-12 will complete the three fitness tests in the first week of official practice. The three tests are: the "T" agility drill, vertical jump, and the Fjellkatt. Athletes need to meet the minimal standard for the "Fjellkatt." "The Fjellkatt" is a CrossFit inspired metabolic training test that can be easily practiced at home that will improve upper and lower body strength, explosion, and overall fitness.

Varsity athletes (determined by coach) that do not meet the performance standard will have mandatory fitness remediation with a designated CCS sports performance instructor.

Why Test?

Generally, we have found that many of our athletes are not in ideal physical condition at the start of a season. Consequently, their ability to compete at a high level is greatly restricted throughout the season.

One issue we have noticed is that some athletes do not take their off-season development seriously. Many (not all) athletes do not attend off-season workouts or open play. Developing off-season chemistry as a team is very important to team success. Testing athlete's physical abilities at the start of a season may motivate more athletes to take off-season training more seriously as a TEAM.

The tests can also be used as an indicator of potential for success. It would be unrealistic for an upperclassmen athlete, or his parents, to expect a student to contribute significantly to a varsity level team if the athlete performs poorly in the T-Agility, vertical jump, and only completes 3-5 rounds of “The Fjellkatt.”

- The T-Agility Drill is an indicator of speed and agility and can be easily measured.
- The vertical jump is an indicator of athletic ability and also measures explosive power.
- “The Fjellkatt” measures 4 areas of fitness at one time: explosion, upper body strength, lower body strength, and metabolic conditioning.
- The length of “The Fjellkatt” mimics an average amount of time an athlete may participate in competition between longer rest periods. During competition for most sports, athletes perform at a high intensity for short durations repeatedly. Completing the phases of “The Fjellkatt” at a high intensity will mimic the metabolic demands of true competition. The athlete’s physical condition will determine the degree of intensity and the amount of breaks he or she will need to complete the workout.
- “The Fjellkatt” was designed so anyone could practice it, virtually anywhere. We did not want to give a test that required athletes to join a gym, or was inconvenient to practice. The test can be practiced at home, on a track, or in a park. Most athletes do not have plyometric boxes, but an athlete can simply jump over something like a small shoe box, to practice the test.

The Fjellkatt

10 minutes to complete as many rounds as possible

A round includes: 5 box jumps, 10 hand release push-ups, 15 air squats, and a 40 yard sprint