



WINTER STRENGTH TEAM

The Laker Strength Team is offered to Prior Lake Athletes who wish to commit to a higher level strength training program and have the motivation to be challenged in the off-season. Athletes choosing to commit to the Strength Team program will be in a position to make tremendous gains during this program if motivated to do so.

Winter Training Dates: **November - 16th to February 11th** **Monday – Thursday 3:15 – 4:30**
 *No training over Christmas break

Goal of the Program

The goal of the Laker Strength Team is to provide athletes the best opportunity to improve their athletic performance in the off-season. Athletes will train safely, consistently and sensibly. They will be motivated by other teammates involved, as well as members of the Laker Coaching Staff.

Expectations of the Program

This program entails four days of training per week on Monday, Tuesday, Wednesday, and Thursday. **This is an attendance based program, missing 2 times without PRIOR APPROVAL, will be grounds for dismissal from the team.** We train under an athletic weight training philosophy which focuses on a core group of exercises. To enhance our training, we will spend the first part of each day focusing on speed/agility and core/flexibility workouts. A speed and agility workout consists of running efficiency, footwork, balance, power, and explosiveness. Athletes part of the Strength Team are expected to follow Prior Lake’s Athletic based training philosophy – **No Exceptions.**

Team Training

Individuals are welcome to sign up, but we put an emphasis on team training. There is nothing more exciting than a packed weight room full of your team mates motivating and pushing each other. Not only is it motivating to train with fellow team mates, but it will also enhance that team bond which is so important when you get to your competitive season. Fighting the battles of hard work in the off-season will only translate into stronger team chemistry when your season hits. With many surrounding fitness centers there is a draw to work out there, but we firmly believe that you can’t get the same type of workout you can get in our weight room. We don’t believe that anyone can push themselves beyond their comfort barrier at a health club. Nothing is more motivating then a team mate pushing you to be your best. We want our athletes training together and in our “house” to enhance that **LAKER PRIDE.**

Times: Monday through Thursday

Time	Training
3:15 – 3:45	Speed and Agility or Core Work
3:45 – 4:30	Strength Training

Questions?

Matt Gegenheimer
 Head Football Coach
 Strength & Conditioning Coach
 Certified Strength and Conditioning Specialist - NSCA
 Sports Performance Coach – USA Weightlifting
 Exercise Science Degree – Iowa State University

mgegenheimer@priorlake-savage.k12.mn.us

Please Return the bottom of this form plus a \$50.00 fee (Checks to Laker Sports Performance and are non-refundable) by Monday, November 16th to Coach Gegenheimer

Name (Print): _____ Grade: _____

Strength Team

I/We the undersigned Grant permission for _____ to participate in the Strength Team. In consideration of your accepting this entry, I hereby, for myself, my heirs, executors, and administrators, waive any and all rights and claims for damages I may have against the Strength Team, Laker Sports Performance or its representatives, successors, and assigns for any and all injuries suffered by me or my child while a participant or spectator at the activity indicated above.

 (Month) (Day) (Year)

 Signature - Parent or Guardian

By signing this, I fully understand the expectations of the Strength Team & understand the commitment level it takes to be a part of this program. *****Meet on the Indoor Track Monday, November 16th at 3:15*****