

## **MIDDLE SCHOOL STRENGTH AND CONDITIONING**

Welcome to the Middle School Strength and Conditioning program! We are excited for another year of workouts with our young Vikings and Vikettes. We hope this letter will help inform and answer questions about our program.

Our Mission Statement: To provide our young students, both athletes and non-athletes, an introduction to both the mental and physical health benefits of a well-supervised strength and conditioning program with long-term goals of improving athleticism and preventing injury.

Safety is our number one priority, although we know injuries can happen in any situation. We stress proper form, technique, and spotting in all of our workouts. Your weight lifter will have constant coaching and supervision during all workouts. It is our priority to teach students safe strength and conditioning techniques so they are able to perform at a high level in all aspects of competition, all while preventing injury.

## **SUMMER STRENGTH AND CONDITIONING TIME/DATES**

Monday, Wednesday & Friday 7:00am-8:30am



## REMIND APP

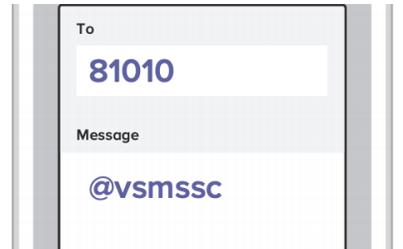
The “Remind” app is a group messaging app that parents/weight lifters can download for free on their smart phones. Coach Church will use this app for all communication pertaining to workouts, including cancelations, time or location changes, etc. Parents can also communicate with Coach Church one-on-one using this app. This will be the preferred method of communication. If you have any concerns regarding your weight lifter or workouts, please don’t hesitate to contact Coach Church using this app. If you reply to a group message sent out by Coach Church, your reply will be seen only by Coach Church. As a reminder, if a problem arises, school administration has the right to look at any and all of these messages.

After you have downloaded the app, you can add yourself to the group by entering the class code. **The class code is: @vsmssc**

Text the message @vsmssc to the number **81010**.

If you’re having trouble with **81010**, try texting @vsmssc to **(858) 375-1680**.

*\* Standard text message rates apply.*



If you are having problems adding yourself to this group using this class code, please email Coach Church with your first and last name, as well as a cell phone number for anyone in the family that would like to receive these messages.

## FREQUENTLY ASKED QUESTIONS

Who can come to these workouts?

- Any going to be 6<sup>th</sup>-8<sup>th</sup> grade boy or girl enrolled in Vinton Shellsburg CSD.

Where will the workouts be held?

- Football Field, High School Gym and Weight Room

Will there be water and restrooms available for my athlete?

- Water will be available but athletes are required to bring their own bottle and encouraged to bring it filled prior to the workout. Restrooms will be available.

What should my weight lifter wear/bring?

- Shorts, t-shirt, clean carry-in shoes and a water bottle with their name labeled

Will showers be available?

- Showers will not be available during the summer session.

How many adults are there coaching/supervising

- At minimum, there will always be 4-5 coaches supervising workouts. Sometimes we have other coaches stop by to help as well. Weight lifters do not do anything unsupervised.

Will there be different workouts for boys vs girls, and/or different workouts for different ages?

- Currently, all athletes will be doing the same workout.

Should my weight lifter be doing workouts on game days?

- Coming to workouts is always optional. In our philosophy with the desired outcome of this program, consistency is a major factor. We do put thought into what sports season we are in and try to match up our workouts with the sports calendar as much as possible.

What will happen if my weight lifter is injured at a workout?

- All injuries will be assessed and protocol will be followed. Parents will be contacted about any serious injury as soon as possible (which is why it is important to sign up for Remind).

My weight lifter has a medical condition. Who should I contact about this?

- Please contact Coach Church about this before coming to workouts.

Where do I drop off and pick up my weight lifter?

- Drop off- Football Field, 7:00am
- Pick Up- High School Activities Door, 8:30am

Are parents allowed to come watch workouts?

- Yes, all workouts are open.

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