Coaches & Roles:

* Andrew Klaers - Speed & Strength Lead - Weight Room (2:20-4:00)
* Andrew Johnson - Speed & Strength Lead - Weight Room (2:20-4:00)
* Varfee Siryon - Sped & Strength Lead - Speed & Mobility (2:10-4:00)
* Javon Stepehns - Assistant Coach - Speed & Mobility / Attendance (2:10-3:30)
* Cody Rice - Assistant Coach - 8th Grade Athletes (2:45-4:00 pm)
* DJ Kraus - Assistant Coach - 8th Grade Athletes (2:30-4:00 pm)

Locations & Times:

* East Gym - 2:10-4:00 pm (our gym space gets cut down to half court at 3:40 pm)
* Weight Room - 2:45-4:00 pm
* Hallway - As needed

Lifting Groups:

* Advanced Group -
  + Experienced lifters with great form & technique and/or the ability to be coaches
  + Confidence and knowledge of lifts and program
  + Skill set and ability provide an avenue for a safe lifting experience
  + Does not have to be physically strong but does need to be coachable and comprehend form and techniques
* Introductory Group -
  + Less experienced lifters
  + Lacks knowledge of lifts and program
  + Skill set and ability foundation needs work and improvement to provide a safe lifting experience
  + Lifter may be a strong individual, but needs to show improvement in form and technique for safety purposes

Lifting Plan & Rotations:

* 2:10 pm - Role Call and Announcements
* 2:15 pm - Warm up and Extended Speed/Agility Work
* 2:45 pm - Split Lifting Groups
  + 2:45-3:20 pm - Advanced Group in weight room (lift) / Intro Group in east gym (mobility)
  + 3:20-4:00 pm - Intro Group in weight room (lift) / Advanced Group in east gym (mobility)
* 3:00 pm - 8th Grade Lifters Arrive (warm up and begin Intro Workout in two groups with Rice and Kraus
* 4:00 pm - Done for the Day

Programs:

AB-Brick = Athlete Build/Brick Weightlifting Program

* Intro Group Lifting Program
* [Big Build Options.zip](https://drive.google.com/file/d/18MmQD7PQxj0kyM6q5YLgH9J_sRs8sLuY/view?usp=sharing)

Mash Jacked = Mash Jacked Weightlifting Program (page 37 and on)

* Advanced Group Lifting Program
* [MashJacked.pdf](https://drive.google.com/file/d/1rBdXgxwNO7GfbVlYUlLO1Ibcw4G-5rGr/view?usp=sharing)

FB Week = Football Performance System (FPS)

* Speed & Mobility Portion of the Program
* [speed portion .zip](https://drive.google.com/file/d/1uWy2vm1HOkor1Zi5dkCToINXSH27vtdm/view?usp=sharing)

Communication Platforms:

* Remind App - <https://www.remind.com/join/c9dea27>
* SmarkschoolK12 Registration - <https://activities.edutrak.com/>
* Schoology Group - Winter Speed and Strength - Code: DD97-XD93-QTP33