



# WAUKESHA WEST WOLVERINES FOOTBALL



## Off-Season Training Philosophy

### I. Multi-Sport Athletes

We fully support and encourage all Football Players to participate in other sports during the Winter and Spring seasons. Just as we expect your full commitment once Football season begins, your primary focus should be on the sport you are playing during that season. Participation in other sports is equal to any other off-season training conducted by non-multi-sport athletes.

### II. Non-Multi Sport Athletes

If you are not participating in another sport during the Winter and Spring seasons, you must be training with the team. Improving strength, power, speed, agility, and flexibility throughout the off-season will directly impact the success you have on the Football field. In order to significantly impact the improvements in these physical attributes, training must occur consistently over time with progressive overload. We offer training opportunities 4 days a week after school and an additional 5th day on Saturday. It is our goal that everyone attends at least 90% of these training opportunities. Consistency in training throughout the winter and spring is critical to your future success on the field; waiting until summer to begin training is not an option. Using progressive-overload training refers to the intensity at which we train. Athletes will track their workouts in order to increase intensity over time.

### III. Outside/Individual Training Opportunities

We believe that training with your teammates cannot be replaced. The time spent together proves commitment and builds team chemistry. Any additional outside/individual training should be done around the team's training schedule. It simply comes down to wanting our athletes together as much as possible.

## **Go Wolverines!**

Steve Vitale

Head Football Coach

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*Discipline*

*Accountable*

*Competitive*

*Resilient*