

Dear Students and Parents,

The Episcopal Strength and Conditioning program will be offering strength training to all Upper School Athletes. Workout sessions will be held on Mondays, Wednesdays, and Fridays beginning on Wednesday, May 31st and ending on Friday, July 21st. We will not hold workouts on Monday, July 3rd.

There are 4 sessions on each day:

Session 1	Football Players	7:30 am to 9:30 am
Session 2	All Other Male Upper School Athletes	9:00 am to 10:30 am
Session 3	All Female Upper School Athletes	10:30 am to 12 noon
Session 4	All 8 th grade Athletes	12 noon to 1:00 pm

We believe the benefits of participating in our strength training program are:

1. Strength training enhances your overall muscular strength and endurance.
2. Strength training protects your bone health and therefore reduces your risk of injury.
3. Strength training helps develop better body mechanics and improves your flexibility.
4. Strength training improves your mood, reduces anxiety, and improves cognitive abilities.
5. By participating with your teammates, it allows for team bonding prior to your season.

For our Athletes, the amount of weight, type of plyometric, and core training exercises they do will be based on their readiness and will depend on how much their technique improves from week to week. Our focus is on teaching proper technique more so than how much weight one can lift.

Each athlete must be in proper attire when attending each session. This includes a **t-shirt with sleeves**, shorts, and athletic shoes. Shoes that allow for moving and jumping side to side are recommended. We encourage you bring your own water bottle. Students will have access to the water fountains. No Gatorade or Powerade type products will be allowed in the weightroom.

The fee for the program is \$140. The fee will be billed through the Business Office and **will be charged to any student who attends one session**. Each participant will receive an Episcopal Strength Training T-Shirt.

I will be assisted again by Episcopal trainer, Dean Mannina, and by Mark Harper, who is a certified Strength and Conditioning Trainer and is Episcopal's Powerlifting Coach.

If you have any questions about the program, please email me at stevensw@ehsbr.org.

Thank you,

Wally Stevens
Strength & Conditioning Coordinator
Assistant Football Coach
Episcopal School of Baton Rouge