

# Longhorn Power

a new partnership between:



**When:** Every Monday, Wednesday, & Thursday beginning Nov. 30.

*"Time is of the essence"*

**Who:** All Parkway West student-athletes

*"Functional training"*

**Where:** Parkway West Weight Room

*"See the big picture"*

**Time:** 3:15-4:45

*"Train movements"*

**Expectations:** Athletes will commit to attend all workout sessions with a great attitude and work ethic. All expectations regarding extra-curricular activities will be enforced. Participation in this program is a privilege. All interested athletes need to sign up in the Activities office prior to Nov 30.

**Velocity's Involvement:** Meade Smith, Director, will design, coordinate, and implement all training protocols for a comprehensive strength and conditioning program for Parkway West student-athletes. Velocity will pre and post test all athletes to determine their level of improvement. Velocity will train our athletes and coaches in the area of core strength and speed.

**Purpose:** To help Parkway West create a unified philosophy, improved training protocols, and training safety. Our goal is to achieve athletic success through a systematic approach that will enhance both mental & physical performance. Athletes will develop areas such as Flexibility, Balance, Coordination, Speed Dynamics, Strength, and Power. As a school community we expect to have greater success through the power of one "building community".

**Goals for all Athletes:** Run faster, be stronger, react quicker, high level of conditioning, stay healthy, improved confidence, and a greater sense of community.

All athletes will train in the area of strength and movement during each training session. All training sessions will be developed by the trained professionals at Velocity sports performance and implemented through a combined effort of their staff and ours.

**This program will run through the end of the school year.**

*"Champions don't do different things, Champions do things differently"*

For more information, please contact Mr. Kessler at 314-415-7535.