
Location:

All sessions will begin in the Simley cafeteria or weightroom; Please arrive on time so we can start promptly.

Registration:

There is no registration fee for these seminars. They are open to all students in grades 7-12 as well as adult residents of district 199.

Information:

Please call Claud Allaire, at (952)913-6502 or email: claud.allaire@comcast.net

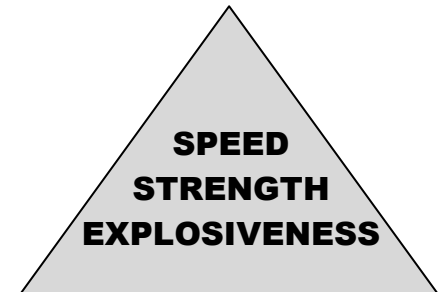
All students and residents of district 199 are welcome to attend!



Simley High School
Winter Speed & Strength Program



Advanced Training Seminars
This is a Free Program Open to
District 199 Students and Residents



Saturday Mornings
December 5th, 12th, and January 23rd

Strength Training...

Training principles for the Simley Football strength program; Elements of the single-set high intensity training component; and Manual Resistance training for multiple muscle groups.

Presented by Claud Allaire,
Head Football Coach
Simley High School

Coach Allaire worked for the University of Michigan Athletics department as a strength coach from 1987-1989 developing high-intensity workouts and training the Michigan football team as well as other male & female athletes. High intensity training is the primary method of training for many professional athletes & teams.

Program Features:

- Overview of strength training principles
- Principles of single-set high intensity training
- Achieving true exhaustion through eccentric muscular failure
- Principles of overload for strength gain
- Partners' role in high intensity and manual resistance training
- Manual resistance training for optimal muscular failure

Saturday, December 5th, 8:00 to 9:00am

Monday, December 7th, 4:00pm

Thursday, December 10th, 6:30am

Wednesday December 16th, 4:00pm

***Football Players Should Make Arrangements
to Attend One of The Above***

This is open to all athletes!

Olympic Lifts...

The science and principles behind core Olympic strength training and technique for squat and power clean training. This program will include demonstrations by male and female athletes.

Presented by Scott Sahli & Dr. Larry Meadors
*MN Chapter of the National Strength Coaches
Association (NSCA)*

Scott Sahli is the Minnesota State director of the NSCA and a certified strength & conditioning specialist. He also coached weightlifting in the 2004 Olympic Team Trials. Dr. Larry Meadors is a certified NSCA strength & conditioning specialist and is a member of the Minnesota Strength & Conditioning Hall of Fame. Both Sahli & Meadors are nationally renowned clinicians.

Program Features:

- The science behind strength training
- Training principles & fundamentals
- Proper technique for the cleans & Squats
- Male & Female athlete demonstrations

Saturday December 12th, 8:30 to 10:30am

Come Prepared to Train!



Speed Development...

Speed, Agility, Quickness and Explosion are key qualities shared by elite athletes. These, once thought to be solely genetic, are now known to be learned and enhanced through training.

Presented by Mark Ellis
GameSpeed
Eden Prairie, Minnesota

Mark Ellis, co-owner, served two seasons with the Vikings as the team's assistant strength and conditioning coach. Prior to joining the Vikings full-time, Ellis served as a speed and agility consultant for the Vikings during training camp in 2003. Ellis is now co-owner of GameSpeed in Eden Prairie.

Program Features:

- Proper Sprinting Mechanics
- Dynamic Foot Patterns
- Explosive Acceleration
- Rapid Deceleration
- Instant Change of Direction
- Hip Mobility
- Dynamic Flexibility

Saturday January 23rd, 8:30 to 9:30am

Come Prepared to Train!



