

FENWICK FOOTBALL

strength and conditioning program

“There comes a time when fall will ask you, “What were you doing all summer?”

A Bigger, Faster, Stronger Program

The FHS strength program is a comprehensive program that consists of: power, speed, agility, & flexibility. We will utilize this program while implementing our *FALCON TEMPO* aggression. This program will be recognized by using percentages for each core lift, modifying the original BFS set/rep program

Power: Our lifting program is designed to build explosive and balanced football players. Our lifting program concentrates on explosive core exercises used through movements in football. The essential core lifts are the squat, hang cleans, hex bar dead lifts, and the bench press. We also emphasize auxiliary lifts for all the other major muscle groups to design well-balanced athletes, such as incline press, jammer press, close grip bench, and push press.

Speed: Through speed specific exercises, our running speed can be improved through strength training, improved technique, and pre-season anaerobic training. Exercises implemented for speed are the straight-legged dead lift, glute-ham machine, parallel squats, and lunges.

Agility & Plyometrics: Lateral movement and our ability to cut at full speed are very important to our football players. Therefore our ability to change direction while maintaining balance, body control, and speed is developed through drills such as: dot drill, agility ladder, speed ropes, heavy ropes, cone drills, plyo-boxes, and speed hurdles.

Flexibility: Increased flexibility is the main ingredient in developing greater speed and agility. A well-balanced program also prevents the risk of injury. We will implement a dynamic stretch routine and agility calisthenics.

falcon tempo
Strength and Honor

The Fenwick football off-season program always intends to establish a higher level of excellence. Together we are stepping into a new year, and we must improve every aspect of our game in order to become a dominant force in the GCL. The passion to improve on your game must be inside of YOU! It will take tremendous dedication and desire to be at every workout and run. This program will make you a more disciplined and focused player. Believe in and commit yourself to our program and it will pay off for you in ways you never imagined. Your schoolwork comes before everything. This is a priority. The strength program will not interfere with other commitments. We are making a commitment to you; we expect nothing less in return. Each workout is important to our success. This program is designed to benefit you as a football player, not a bodybuilder. Remember, your goal is to be a dominant player in this league. Accept nothing less. What separates great teams from mediocre ones is a year round collective commitment to growth. Make the commitment to yourself and to your teammates! Fall in love with football.

FALCON TEMPO

An intense activity level is the first thing I want to notice upon entering the FALCON weight room. There is no sitting down, wondering from your group, or screwing around with others. The football team will move through each exercise like a disciplined army of warrior athletes.

We prepare at the highest level and practice at the highest level so that we can play at the highest level. Sitting around in the weight room carries onto the field; if you are sloppy in the weight room, you will be sloppy and lazy on the field. The tempo we use every day sets a tone for our whole existence on the field.

The team's entire 45 minutes in the weight room will mimic the pace on the football field. Allow only 30 to 45 seconds of rest between exercises and superset auxiliary lifts. This tempo is an invaluable conditioning tool. The heart is a big, dumb muscle. It doesn't know what you are doing – whether you are running or pushing a weight, all it knows is that it needs to pump oxygenated blood through the whole body. With a high intensity level and fast tempo, your heart will be pumping the whole time.

Although the FALCON TEMPO will take time getting use to, its results are worth the struggle. Allow your body and mind to learn to deal with stress in our weight room so they can handle it on the field. We have begun our team mission; let's prepare ourselves for battle as brothers, to walk off the field exhausted in victory. Leave nothing behind, no regrets...you will only experience this opportunity once in your life.

falcon pride