



STRENGTH & CONDITIONING



MISSION

STATEMENT

The mission of a successful strength and conditioning program is to provide a safe, challenging training environment that helps athletes maximize physical potential while minimizing athletic related injuries.



PROCEDURE

- **THERE ARE 2 SESSIONS PER DAY. FOOTBALL PLAYERS ARE ENCOURAGED TO REPORT TO LIFTS ON MONDAYS, TUESDAYS & THURSDAYS. SEE CALENDAR ON WEBSITE FOR CHANGES.**
- **EACH PLAYER IS IN A DESIGNATED GROUP (A OR B) AND SHOULD REPORT TO THE WEIGHT ROOM AT THEIR ASSIGNED SESSION. GROUPS WILL ROTATE SESSIONS EVERY WEEK.**
- **PLAYERS UNABLE TO MAKE DESIGNATED SESSION WILL BE ABLE TO SWITCH GROUPS AS LONG AS IT IS COMMUNICATED BEFORE HAND. THIS WILL NOT AFFECT CHAMPIONS CLUB ATTENDANCE. (THIS IS FOR MONDAYS, TUESDAYS & THURSDAYS)**
- **WORKOUTS START AT 2:20 PM & 3:15 PM BE ON TIME - FOLLOW CALENDAR**
- **WE WILL LEAVE WEIGHT ROOM CLEANER THAN WHEN WE GOT THERE**



RULES

- **SHOW UP ON TIME. WE START WARM-UP TOGETHER**
- **SHOW UP PREPARED (UNIFORM & SHIRTS TUCKED)**
- **GREY SHIRT (TUCKED IN) & BLACK SHORTS (NO PANTS)**
- **SITTING DOWN WILL NOT BE TOLERATED**
- **THERE WILL BE NO CANDY OR SNACKS IN WEIGHT ROOM.**
- **GET BETTER NO MATTER WHAT!**



SCHEDULE

- **MONDAY, TUESDAY, THURSDAY**
- **1ST SESSION - 2:20PM**
- **2ND SESSION - 3:15PM**
- **MAKE-UPS WEDNESDAY & FRIDAY**
- **GROUPS CHANGE SESSIONS WEEKLY**



NEW CYCLE

THERE WILL BE 4 CYCLES. EACH CYCLE WILL LAST 2 WEEKS.

3X6+ (CONCENTRIC)

CYCLE 1	TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	2:20:00 PM	Session 1 - Lower	Session 1 - Upper	Session 1 - Make Up	Session 1 - Full	Session 1 - Make Up
	3:15:00 PM	Session 2 - Lower	Session 2 - Upper	Session 2 - Make Up	Session 2 - Full	Session 2 - Make Up

3X6+ (CONCENTRIC)

CYCLE 1	TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	2:20:00 PM	Session 1 - Lower	Session 1 - Upper	Session 1 - Make Up	Session 1 - Full	Session 1 - Make Up
	3:15:00 PM	Session 2 - Lower	Session 2 - Upper	Session 2 - Make Up	Session 2 - Full	Session 2 - Make Up

3X5+ (CONCENTRIC)

CYCLE 2	TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	2:20:00 PM	Session 1 - Lower	Session 1 - Upper	Session 1 - Make Up	Session 1 - Full	Session 1 - Make Up
	3:15:00 PM	Session 2 - Lower	Session 2 - Upper	Session 2 - Make Up	Session 2 - Full	Session 2 - Make Up

3X5+ (CONCENTRIC)

CYCLE 2	TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	2:20:00 PM	Session 1 - Lower	Session 1 - Upper	Session 1 - Make Up	Session 1 - Full	Session 1 - Make Up
	3:15:00 PM	Session 2 - Lower	Session 2 - Upper	Session 2 - Make Up	Session 2 - Full	Session 2 - Make Up

3X4+ (CONCENTRIC)

CYCLE 3	TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	2:20:00 PM	Session 1 - Lower	Session 1 - Upper	Session 1 - Make Up	Session 1 - Full	Session 1 - Make Up
	3:15:00 PM	Session 2 - Lower	Session 2 - Upper	Session 2 - Make Up	Session 2 - Full	Session 2 - Make Up

3X4+ (CONCENTRIC)

CYCLE 3	TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	2:20:00 PM	Session 1 - Lower	Session 1 - Upper	Session 1 - Make Up	Session 1 - Full	Session 1 - Make Up
	3:15:00 PM	Session 2 - Lower	Session 2 - Upper	Session 2 - Make Up	Session 2 - Full	Session 2 - Make Up

3X3+ (CONCENTRIC)

CYCLE 4	TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	2:20:00 PM	Session 1 - Lower	Session 1 - Upper	Session 1 - Make Up	Session 1 - Full	Session 1 - Make Up
	3:15:00 PM	Session 2 - Lower	Session 2 - Upper	Session 2 - Make Up	Session 2 - Full	Session 2 - Make Up

3X3+ (CONCENTRIC)

CYCLE 4	TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	2:20:00 PM	Session 1 - Lower	Session 1 - Upper	Session 1 - Make Up	Session 1 - Full	Session 1 - Make Up
	3:15:00 PM	Session 2 - Lower	Session 2 - Upper	Session 2 - Make Up	Session 2 - Full	Session 2 - Make Up



GROUP A

Christian	Antunes
Nick	Bogolashvili
Alex	Budelmann
Pedro	Camargo
Joseph	Day
Cristian	De Matos
Joseph	Delucia
Maximus	Dorsey
Jaydn	Forsythe-McKnight
Bryce	Gauthier
Jamelle	Jones
Anthony	Lorino
Neil	Luis
Jack	Madsen
Jake	Markovitch
Gabe	Medina-Coello
Matthew	Mendoza
Jaiden	Mentuck
Julian	Morales

Justin	Nardi
Martino	Nguyen
Connor	O'Hare
Matt	Pizzelanti
Gabriel	Quevedo
Dylan	Quintana
Tyler	Ricks
Jack	Ritch
Freddie	Schenk
Justin	Simpson
Howard	Stanton
Nick	Stark
Trent	Thiry
Noah	Vallejo
Cole	Wein
Cody	Whippee
Gavin	Zeiman
Ben	Zimmerman
Alex	Zimmerman



GROUP B

Denzel	Amofo
Mikey	Bratus
Luca	Catanzaro
Joey	Confalone
Nick	Crovelli
Bruno	Diaz
Victor	Dominguez-Peralta
Bence	Doszpoly
Gavin	Guerrero
Douglas	Hess
Michael	Ianniciello
Chase	Kedziora
Elisha	King
Myles	Krihak
DJ	Krizan
Declan	Kurdyla
Justin	Lavender

James	Locrotondo
Owen	ManKowski
Dante	Markovitch
Julian	Mathews
Jack	McCandless
Arnav	Nagesh
Tyler	O'Hare
Jonathan	Okolo
Maximilian	Pasewaldt
Cole	Pello
Stephen	Pikulin
Konner	Ramsey
Sebastian	Risco
Jasper	Schwamberger
Joe	Squicciarini
Miles	Tofte
Jack	Winne
Evan	Woodring



ATTENDANCE

- ATTENDANCE WILL BE TAKEN BY USING THE WEIGHT ROOM GOOGLE CLASSROOM. IF UNABLE TO ATTEND A SESSION AT A PARTICULAR TIME, COMMUNICATE IT AND YOU WILL BE ABLE TO SWITCH GROUPS FOR THAT DAY.
- WEIGHT ROOM GOOGLE CLASSROOM CLASS CODE = **yfoednc**
- MAKE UP LIFTS ARE ON WEDNESDAYS & FRIDAYS. IT IS ENCOURAGED FOR YOU TO MAKE UP ANY MISSED LIFTS. HOWEVER, ATTENDANCE WILL NOT COUNT TOWARDS CHAMPIONS CLUB.
- WEDNESDAY MAKE-UP:
 - 2 Sessions (does not count towards champions club)
- FRIDAY MAKE-UP:
 - 2 sessions (does not count towards champions club)
- MUST HAVE 100% PERFECT ATTENDANCE IN TEAM LIFTS FOR CHAMPIONS CLUB.



CHAMPIONS CLUB

- **EXCLUSIVE CLUB FOR THOSE WHO MAKE 100% ATTENDANCE FOR TEAM WORKOUTS IN A GIVEN MONTH.**
- **MAKING UP MISSED LIFTS IS IMPORTANT TO STAY ON TRACK BUT WE WANT TO ENCOURAGE LIFTING WITH TEAMMATES.**
- **FIRST CHAMPIONS CLUB DATE RANGES FROM 12/2 - 12/19**
- **MEMBERS FOR THAT MONTH ARE REWARDED.**



TESTING

- **FRESHMEN TESTING WILL TAKE PLACE NOV 25th - 27th
2:20 PM - 3:30 PM.**
 - **GROUP A 2:20 PM**
 - **GROUP B 2:50 PM**
- **WE WILL BE TESTING BENCH, FRONT SQUAT, & DEADLIFT.**
- **IF YOU ARE IN A WINTER SPORT YOU SHOULD STILL
COME IN FOR TESTING.**
- **I WILL BE TRACKING YOUR WEIGHTS AND CHANGING
YOUR NUMBERS WEEKLY, BASED ON YOUR “PLUS” SETS.**



FRESHMEN


- **11/25th - 27th - TESTING**
- **LEADERSHIP MEETINGS EVERY MONDAY DURING UNIT LUNCH**
 - **ATTENDANCE WILL BE TAKEN**
 - **COMMUNICATE SCHEDULE CONFLICTS USING *Remind***

A If you have a smartphone, get push notifications.

On your iPhone or Android phone, open your web browser and go to the following link:

rmd.at/22kg4d

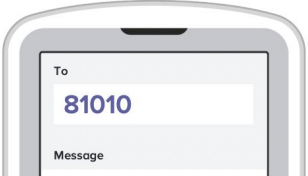
Follow the instructions to sign up for Remind. You'll be prompted to download the mobile app.

A smartphone screen showing the Remind sign-up page. The URL 'rmd.at/22kg4d' is at the top. Below it is the heading 'Join Class of '28'. There are two input fields: 'Full Name' with a sub-label 'First and Last Name', and 'Phone Number or Email Address' with a sub-label '(555) 555-5555'.

B If you don't have a smartphone, get text notifications.

Text the message @22kg4d to the number 81010.

If you're having trouble with 81010, try texting @22kg4d to (415) 749-9891.

A smartphone screen displaying a text message. The 'To' field contains the number '81010'. The 'Message' field is empty.

ANATOMY OF A WORKOUT

- **WARM UP** - SPECIFIC BASED ON THE WORKOUT.
- **COMPOUND LIFT** - USE OF MULTIPLE MUSCLES ALL AT ONCE, BUILD QUALITY MUSCLE, FORM THE BASIS OF ANY STRENGTH TRAINING MODEL. SETS & REPS ARE ROTATED WEEKLY
- **ACCESSORY LIFTS** - TARGETS A SPECIFIC MUSCLE GROUP, HELPS FIX MUSCLE IMBALANCES IMPROVES AREAS FOR COMPOUND LIFTS.
- **FINISHER** - IMPROVES CONDITIONING, BURNS FAT BUILDS MUSCLE, BE COMFORTABLE BEING UNCOMFORTABLE.
- **COOL DOWN STRETCH** - COOL BODY TEMP, INCREASE FLEXIBILITY, PREVENT INJURY / REDUCE SORENESS
- **POSITIONAL WORK** - 10 MINUTES WORKING FUNDAMENTAL SKILLS FOR YOUR POSITION. WORKOUT GIVEN BY POSITION COACH.



EXAMPLE

Bridgewater - Raritan Football - Winter 2024

Week 1 - 2 (Concentric)

Warm-Up

Lower Body		Upper Body		Full Body	
Lower Warm Up		Upper Warm Up		Full Body Warm Up	
A) Front Squat - 3x6+	A) Bench Press - 3x6+	A) Dead Lift- 3x6+	Lower Body Warm-Up		
Set 1 - 83%	Set 1 - 83%	Set 1 - 83%	<i>BW Squat Hold 10 secs</i>		
Set 2 - 83%	Set 2 - 83%	Set 2 - 83%	<i>BW Squats x10</i>		
Set 3 - 83%	Set 3 - 83%	Set 3 - 83%	<i>SL Glute Bridge x5 each</i>		
			<i>Fire Hydrants x5 each</i>		
			Upper Body Warm-Up		
			<i>Front, Side, Lateral Raise x10</i>		
B) 4-Man Groups - Team Count	B) 2-Man Groups - Team Count	B) 4-Man Groups - Team Count	<i>Seal Jacks x10</i>		
1.) DB Step Ups	1.) Pull Ups (Bands)	1.) Inverted Row / Chest Sup	<i>Push up Hold 10 secs</i>		
3x12	3x10	3x10	<i>Push Up x10</i>		
2.) Wall Sits	2.) BB Push Press	2.) Farmers Carry			
3x Duration	3x10	3x Duration	Full Body Warm-Up		
		Burpees / DB Jump Squats	<i>BW Squat Hold 10 seconds</i>		
		3x12	<i>BW Squats x10</i>		
C) 2-Man Groups - Team Count	C) 2-Man Groups - Team Count		<i>Split Squat Hold 10 secs each</i>		
1.) BB Reverse Lunge	1.) Single Arm Bent Over Rows	C) 4-Man Groups - Team Count	<i>Push up Hold 10 secs</i>		
3x12 1 sec pause	3x10	1.) DB Incline Press	<i>Push Up x10</i>		
2.) Single Leg Curls (Bands & Balls)	2.) Push Ups (iso hold)	3x12			
3x12 1 sec pause	3x20	2.) Barbell Shoulder Shrug			
		3x12			
		3.) Alt Lunges			
3-Man Groups - Timed	3-Man Groups - Team Count	3x12			
1.) Weighted Straight Leg Sit Ups	1.) Tricep Ext (Band / DB)	D) 1.) Goblet Squats	Notes:		
3x30 seconds	2x25	4x10	<i>1. Use Squat Machines / Goblet</i>		
2.) Bear Crawl March	2.) Bus Drivers	2.) Planks	<i>2. Use Exercise Balls - Bridge</i>		
3x30 seconds	2x25	4x Duration	<i>3. Farmers walk to trash can</i>		
3.) Med Ball Slams	3.) Plate Curls		<i>4. Save time take out D/C</i>		
3x30 on count w/	2x25				



REAL RECOGNIZE REAL WHERE DO YOU FIT?

RESISTANT



RELUCTANT



COMPLIANT



COMMITTED



COMPELLED

Doesn't do what is asked & openly opposes it to coaches and the team.

Hesitant on doing what is asked. Giving ½ effort.

Does what is asked. No more, no less.

Does what is asked. Goes above & beyond. Holds themselves to a high standard.

Does what is asked. Goes above & beyond. Brings others with to do the same.