



HIGH SCHOOL STRENGTH COACH COURSE

Powered By

NEXT LEVEL STRENGTH & CONDITIONING

Mission:

- To lead the charge in offering quality strength and conditioning services to school districts, by creating a culture that prioritizes character, safety, injury reduction, sports performance and general fitness benefits in the physical education and athletic settings.

WHY:

- To provide school district coaches with the tools required to implement game changing High School Strength & Conditioning programs, if hiring a certified strength coach is not an option!

WHO:

- Up to 24 Coaches, PE Teachers, Administrators and Athletes
 - At least 3 experienced Next Level Coaches will be in attendance to provide close guidance and feedback to each participant.

WHAT:

- Our team of experienced Next Level Coaches will work closely with each participant to introduce:
 - **General Philosophy:** WHY QUALITY Strength & Conditioning is a game changer for your HS Athletes and Teams.
 - **HS Strength & Conditioning 101:** Outline the latest in proven sports performance training methods and the science behind today's best practices.
 - **Skill Development:** Hands on functional skill practice to introduce exercise progressions/ regressions, streamline external cues and develop the competency required to provide meaningful feedback to HS Athletes.
 - **Scientifically Proven Program Design:** Comprehensive in-season and off-season sports performance programs following proven Next Level systems will be provided. Programs will be tailored for each district based on scheduling, space, training equipment and more. Video demonstrations for each exercise will be included.
 - **Program Introduction:** Walkthrough strength & conditioning program templates provided to gain experience with session sequencing, transitions/ flow and management considerations.
 - **Important Resources:** Online resources outlining sports nutrition/ lifestyle guidelines, daily warm-up/ injury reduction protocols, valuable videos/ articles and more will be provided for Athletes, Coaches and Parents.



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COURSE OPTIONS

FULL DAY Next Level HS Athletic Development Course Outline:

- **8-9:30am:** Course Introduction
 - WHY Quality S&C
 - HS S&C 101
- **9:30-11am:** Skill Development
 - Introduce and practice basic functional training exercises
- **11am-12pm:** LUNCH
- **12-1pm:** Program Introduction
 - Discuss program format/ sequencing, management considerations and cueing
- **1-3pm:** Program Walkthrough/ Skill Development Part 2
 - Introduce and practice daily movement prep, basic plyometrics progressions and advanced functional exercise progressions
- **3-3:30pm:** Q&A

HALF DAY Next Level HS Athletic Development Course Outline:

- **8-9:15am:** Course Introduction
 - WHY Quality S&C
 - HS S&C 101
- **9:15-10:45am:** Skill Development
 - Introduce and practice basic functional training exercises
- **10:45-11:30am:** Program Introduction
 - Discuss program format/ sequencing, management considerations and cueing
 - Q&A

We hope that you take advantage of this opportunity to build the foundation of your powerhouse! Please contact us anytime with questions or to discuss alternate options.

Thank you for your consideration!