



HIGH SCHOOL STRENGTH & CONDITIONING COACH PLACEMENT

Powered By

NEXT LEVEL STRENGTH & CONDITIONING

Mission:

- To lead the charge in offering quality strength and conditioning programs at the school district level by creating a culture that prioritizes safety, injury prevention, sports performance and general fitness benefits in the physical education and athletic settings.

Goals:

- **Do No Harm!**
 - Provide highly structured training sessions led by a qualified strength & conditioning professional with a wide range of knowledge and experience.
 - Place a strong emphasis on proper technique and skill development.
 - Implement scientifically proven training methods and programming.
 - Create a safe environment.
- **Decrease The Risk of Injury**
 - Quality sports performance training IS injury prevention training.
 - Place an additional focus on sport specific considerations to address daily physical demands and individualized needs.
 - Coordinate with Athletic Training/ Medical Staff to monitor injuries and accelerate return to play process.
- **Maximize Performance**
 - Focus on sport specific components of performance including functional strength, power, speed, agility and energy system specific conditioning.
 - Incorporate nutrition, hydration, sleep and lifestyle components to expedite recovery and maximize performance.
- **Character Development/ Team Building**
 - Create an environment that will foster team camaraderie, character development and dedication.
 - Place an emphasis on accountability and the intangible value of achieving goals/ overcoming obstacles.
- **Connect Physical Education Fitness Units to District Strength & Conditioning Program**
 - Create a relationship between the district Strength Coach and PE Department to streamline functional strength training methods, terminology, progressions, cues and philosophy.
 - *Additional Physical Education Staff Development Workshops Available Upon Request!*



Action Steps:

1. Educate Administrators, Coaches, Teachers, Athletes, Students and Parents on the definition and importance of quality strength and conditioning to promote buy in, excitement and culture.
 - Offer informational seminars, demo sessions and provide related resources.
2. Offer skill development sessions to increase safety, results and confidence.
 - Hold skill development clinics for teams, coaches, teachers and PE students to teach basic functional strength and performance training progressions.
3. Implement quality strength and conditioning programs for athletes and PE students of all ages.
 - Design comprehensive and developmentally appropriate programs that are in line with the goals of each group and ensure that all sessions are supervised by a qualified professional.
 - Build a strong athlete driven culture to increase motivation and accountability.
4. Evaluate strength and conditioning programs on a regular basis to determine the need for modifications.
 - Track attendance, performance gains and injury rates each season.

High School Strength Coach Placement:

- A qualified Next Level team member will be assigned to serve as the official district Strength Coach.
- This coach will follow proven Next Level HS Strength & Conditioning systems, under the close guidance of the NL HS Strength & Conditioning Director and team members.
- Terms can be tailored to meet the specific needs of each district based on budget, scheduling, facility and more!

Nate VanKouwenberg, MA, CFSC, USAW



For more than a decade, Nate VanKouwenberg has offered the latest in Sports Performance and General Fitness training to countless athletes, students and adults. Aside from Nate's role as the Founder and Owner of Next Level Strength & Conditioning in Fairport, he is a Physical Education Teacher and Head Strength Coach in the Victor Central School District (NY). Combined with the support and dedication of the Athletes, Athletic Director, Coaches and Teachers, implementing quality strength and conditioning has helped Victor Athletics grow into a regional and state powerhouse in multiple sports, over

recent years.

Another major contributor to Victor's athletic success is their nationally recognized Physical Education program. In 2007, Nate developed the district wide Functional Strength Training curriculum, providing student athletes with a foundation of knowledge and skills, prior to reaching the JV and Varsity levels. He has presented on the importance of connecting Functional Strength Training in PE to Athletics at NYS AHPERD and CWZ conferences on multiple occasions.

Contact us with questions, or to schedule your free consultation meeting TODAY!

**WWW.TRAINATNEXTLEVEL.COM
NATEV@TRAINATNEXTLEVEL.COM**