



Summer Training Schedule 2021

MONDAY	TUESDAY	THURSDAY
6:30-7:30am Cross Country	7:00-8:30am Incoming 9-12 Boys	6:30-7:30am Cross Country
7:00-8:15am Incoming 9-12 Girls	8:30-9:30am Incoming 7-8 Boys/Girls + HS Softball	7:00-8:30am Incoming 9-12 Boys
8:15-9:15am College Athletes	9:30-10:30am HS Baseball	7:45-9:00am Incoming 9-12 Girls
	10:30-11:30am College Athletes	8:30-9:30am Incoming 7-8 Boys/Girls
		9:30-10:30am HS Baseball
		10:30-11:30am College Athletes

*HS Softball will have their 2nd Strength & Speed session on Friday morning. Time is TBD

Tiger Strength Program Components

TSP (Tiger Strength and Power)

Our unique training program will train athletes to improve flexibility, explosive power, upper and lower body strength, and core strength. Training is designed to improve athleticism and performance for all sports. Athletes new to strength training will receive age appropriate training. Great attention is paid to learning proper weightlifting techniques, physical maturity, and safety.

Speed School

Summer Speed School uses our B.F.A.S.T. principles, which are Balance-Footwork-Agility-Speed-Technique. BFAST training sessions prepare athletes for the speed of athletic competition by focusing on all aspects of speed and agility development in a competitive, team environment. Proper change of direction and jumping and landing techniques are emphasized to decrease injury risk. These sessions will make a faster, quicker, better-conditioned athlete for any sport. BFAST programming improves: Dynamic flexibility and foot speed, Linear acceleration/deceleration and sprint technique, Explosive power development and first step quickness, agility and reactive quickness.

KLIPS (Knee Ligament Injury Prevention Strategies)

We take a proactive approach toward addressing knee ligament injury prevention through all aspects of our training program. Although knee injuries cannot be fully prevented, we know that working on jumping and landing technique, change of direction technique, hip and lower body strength, and balance all can reduce injury risk. These exercises decrease the risk of knee, ankle, and hip injury and help develop strength and speed to help our athletes perform their best.



Tiger Families,

Greetings! We are so excited for our 2021 summer training season and having a full summer! Our summer program is designed to prepare student-athletes for the demands of athletic competition and beyond. Speed and strength training sessions help athletes maximize their athletic potential and decrease injury risk. We want to leave the summer faster, quicker, and stronger than when we started.

Below is further explanation of the workout times. (*Note: Grades are based on the 2021-22 school year*)

Female Athletes Grades 9-12 (except girls XC): Monday-Thursday, starting at 7am (M) & 7:45am (Th) and ending by 8:15am (M) & 9:00 (Th). All female athletes entering grades 9-12 will begin on the field (or gym if poor weather) with Speed School and then head into the weightroom for the TSP program.

Male Athletes Grades 10-12: Tuesday-Thursday, starting at 7:00am and ending by 8:30am.

All male athletes entering grades 10-12 will start their day at 7:00am. They will begin with their Speed School on the field (or gym if poor weather) at 7:00am and then finish the day with their TSP session.

Male Athletes Grade 9: Tuesday-Thursday, starting at 7:00am and ending by 8:30am.

All male athletes entering grade 9 will start their day at 7:00am. They will begin with their TSP Session in the weightroom at 7:00am and head to their Speed School on the field (or gym if poor weather).

HS Boys & Girls XC: Monday-Thursday, starting at 6:30am and ending by 7:30am.

All HS Cross Country teams will start their day at 6:30am. They will begin with their TSP Session in the weightroom at 6:30am and head to their Speed School on the field (or gym if poor weather). Cross Country will do their team runs after Speed School.

Male and Female Athletes Grades 7-8: Tuesday-Thursday, starting at 8:30am and ending by 9:30am.

Middle school athletes will begin their day on the field (or gym if poor weather) for their Speed School at 8:30am and then go into the weightroom for their TSP session.

HS Softball: Tuesday-Friday, starting at 8:30am and ending by 9:30am

The HS Softball team will start the summer attending the 8:30am workout time. Schedule adjustments will be communicated by the softball coaching staff. With no games on Sunday nights, those who want a 3rd workout during the week can attend the 7:45am time on Monday morning.

HS Baseball: Tuesday-Thursday, starting at 9:30am and ending by 10:30am

High School baseball players (entering grades 10-12 & graduated seniors) will start the summer attending the 9:30am workout time.

**9th grade baseball players may attend the 7:00am 9-12 boys workout time due to having games at 10:00am

Sign-Ups: If you are entering grades 7-9, please sign up [HERE](#) for attendance and communication purposes. Those entering grades 10-12 do not need to sign-up. There is no fee for the summer training for all levels.

Go Tigers!

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WEEKLY CALENDAR



@Tiger_Strength

remind101

Text: @wt-room To: 81010



<https://tigerstrength.org/>



Week of May 31st

Time	Monday	Tuesday	Wednesday	Thursday	Friday
6:30-7:30am	NO SCHOOL	NONE STILL IN SCHOOL	NONE STILL IN SCHOOL	NONE STILL IN SCHOOL	NONE TEACHER INSERVICE
7:00-8:30am					
7:45-9:00am					
8:30-9:30am					
9:30-10:30am					

Week of June 7th-14th-21st-28th & July 5th-12th-19th

Time	Monday	Tuesday	Wednesday	Thursday	Friday
6:30-7:30am	9-12 Cross Country		OFF	9-12 Cross Country	OFF
7:00-8:30am	9-12 Girls	9-12 Boys		9-12 Boys	
7:45-9:00am		9-12 Girls		9-12 Girls	
8:30-9:30am		7-8 Boys/Girls +HS Softball		7-8 Boys/Girls	
9:30-10:30am		HS Baseball		HS Baseball	

Week of July 26th

Time	Monday	Tuesday	Wednesday	Thursday	Friday
NONE - DEAD PERIOD					

