

Davenport Central Strength & Conditioning Program

Why Strength & Conditioning Training?

I have always known that most kids are not naturally strong and fast. I would like to say that this is specific to young pre-pubescent athletes between the ages of 8-12.

But the problem is that the majority of young athletes through high school lack strength, speed, and NEVER get close to their athletic potential.

A conservative estimate is that at least 90% of young athletes cannot even do 1 good push-up, let alone 10 good ones.

- Good push-ups mean a straight torso with no bend from head to toe.
- Chest to the ground.
- Come back to the starting point with your arms straight.

Most athletes are barely bending their arms, dipping their hips to the ground, and struggle to hold the starting position for ten push-ups.

Top Reasons for Young Athletes Lacking Strength

Some athletes are blessed with great genetics that give them strength. At BEST, this is probably 2-5% of young athletes. The rest of the young athletes need to do something to gain strength.

- Don't know how to get strong
- Inconsistent effort in achieving strength
- Parents do not know, or understand how to make their young athletes stronger & faster
- Gyms do not have proper equipment for young athletes
- There are very few strength coaches that focus on youth strength & speed training
- Most equipment is designed for adults
- Most training programs are designed for adults
- Poor nutritional habits
- A one sport focus, and doing only sport specific workouts

Benefits of Strength & Conditioning Training

- Creates good physical fitness habits
- Improves bone density (male & female)
- Makes the athletes more durable (Less injuries), which is especially important for female athletes
- Lower body fat
- More competitive in their respective sports compared to their peers
- Improved strength, jumping, running speed, and agility

My athletes will improve their fitness in the following areas:

Endurance, Strength, Speed, Power, Fitness, Stamina, Coordination, Agility, Balance, Accuracy

We will bring back pride and respect for Davenport Central athletics.

Strength & Speed will be our unfair advantage.

Go and Conquer,

Coach Perisho

