

Good Morning,

We are planning summer 2019 workouts for all FC athletes. We had decent turnout last summer but would like to grow participation.

- We will have S&C coaches available Monday, Tuesday, Wednesday, Thursday from 8:00-11:00 AM and 5:00-7:00 PM each day. This schedule will run from 6/17/19 thru 8/8/19.

- We have found that participation, accountability and results are best when coaches schedule for the program/team to workout as a group rather than just telling their kids they can lift at any time. We also understand that many have other commitments that make it difficult or impossible to attend the scheduled team workout time and we can accommodate them on an individual basis.

- You and your staff are welcome at all workouts but it is not necessary for you to be in attendance for your program/team's scheduled workout if it does not fit your schedule. We will send out attendance updates periodically so you can track your kids participation. Accountability is key for the best results.

New this Summer:

- We would like to include your DMS athletes in our workouts with your HS athletes. We did this with football last summer and it was very successful. We have done several camps for DMS athletes, last summer, over the winter and currently this spring in the evenings to build the S&C culture here at FC. The response to these camps have been very positive and we see including DMS athletes in the summer workouts as the next step in that process. This will provide you with more developed and better trained athletes in each of your feeder systems. **Please know, we will not allow the participation of DMS athletes to slow down or hinder the workouts of your varsity kids.** We will have coaches differentiate workouts when appropriate so that every athlete is being challenged.

- We will also be offering an elementary strength and conditioning camp again this summer for younger kids in your feeder systems. More information on this in the next few weeks.

Needed from You ASAP:

- Workouts will last one hour and begin on the hour. Workouts will include weight training as well as speed and agility work. Please respond with times and dates that you would like to schedule your program/team (**Grades 7-12**).

I have attached last years master schedule as a reference.

Please contact me with any questions.

Thank you!

Brandon