

Conestoga Strength & Conditioning

- *Be the Best Version of You* -

Better Today than Yesterday, Better Tomorrow than Today

Program Philosophy

The mission of the strength and conditioning program at Conestoga Jr-Sr High School is to inspire and prepare students for life by creating a training environment of relentless effort and an attitude of excellence through student engagement. Students will be given the opportunity to maximize their potential by focusing on constant improvement through proper training methods, nutritional habits, recovery methods, and mindset.

Program Components

- Proper Motor Patterns and Movement Skills
- Injury Prevention
- Mobility and Stability
- Strength and Power Development
- Plyometric and Jump Training
- Agility and Speed Development
- Recovery and Regeneration
- Performance Nutrition
- Appropriate Training Methods and Periodization for the High School Student

Behavior Skills

BEHAVIOR PRODUCES RESULTS

- | | |
|--------------|------------------|
| - Belief | - Excellence |
| - Effort | - Perseverance |
| - Attitude | - Accountability |
| - Mindset | - Character |
| - Discipline | - Passion |

Above the Line

*Intentional
On-purpose
Skillful*

E + R = O

Event + Response = Outcome

R:1 Press Pause

R:2 Get Your Mind Right

R:3 Step Up

R:4 Adjust & Adapt

R:5 Make a Difference

R:6 Build Skill

Discipline-driven

Default-driven

*Impulsive
On-autopilot
Resistant*

Below the Line



@c1stogastrength

