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Summer Training Schedule 2017

<http://www.gilbertscamps.org/speed-and-strength-training.cfm>

	Monday	Tuesday	Wednesday	Thursday	Friday
7:00-8:30am	9-12 Girls 10-12 Boys	9-12 Girls 10-12 Boys	7-8 Boys & Girls *Plus 8 th BSB	9-12 Girls 10-12 Boys	7-8 Boys & Girls *Plus 8 th BSB
8:30-10:00am	9 Boys *Extra for 7/8	9 Boys	None	9 Boys	None

**Training will begin June 5th and end July 21st (20 HS sessions, 14 MS sessions)

**The week of July 3rd will have a different schedule. See attached calendar for full details.

**Plus 8th BSB = Next year's freshman who are playing 8th grade baseball this summer



Tiger Strength and Power (TSP)

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 weight lifting techniques, physical maturity, and safety.



BFAST (Balance-Footwork-Agility-Speed-Technique)

BFAST speed 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.

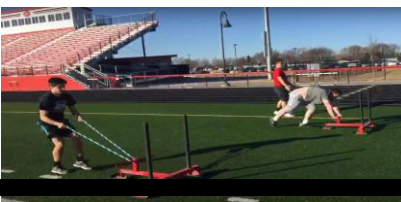
BFAST Training will improve:

- 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. KLIPS exercises are a part of every training session.



CHAOS Training

It is exactly how it sounds – Chaos. These are intense workout finishers to train for aerobic power and muscular endurance. Training ranges from sleds, ropes, med balls, tires – anything that brings on chaos!



Tiger Families,

Greetings! What an exciting time to be a Gilbert Tiger! We are eagerly waiting for our 2017 summer training season to begin. Summer training is a great time for teammates to train together and prepare for the upcoming school year. 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.

We are kicking off the summer with an ACL Prevention Screening on Saturday, June 3rd. This will be done on our campus and is through our partnership with McFarland Clinic. Specific times will be sent out as we get closer to that date. We will retest all athletes on Friday July 21st. For more information on what is tested, go to <https://tigerstrength.org/> and click on "ACL 3P Program" Link.

Below is further explanation of the workout times. *(Note: Grades are based on the 2017-18 school year)*

Female Athletes Grades 9-12: Monday-Tuesday-Thursday, starting at 7:00am.

All female athletes entering grades 9-12 will start their day at 7:00am. They will begin in the weightroom with TSP and then finish the day with BFAST training, starting at approximately 7:45am.

Male Athletes Grades 10-12: Monday-Tuesday-Thursday, starting at 7:00am.

All male athletes entering grades 10-12 will start their day at 7:00am. They will begin with their BFAST training on the field (or gym) at 7:00am and then finish the day with their TSP session at approximately 7:45am.

Male Athletes Grade 9: Monday-Tuesday-Thursday, starting at 8:30am.

All male athletes entering grade 9 will start their day at 8:30am. They will begin with BFAST training on the field (or gym) at 8:30am and then finish the day with their TSP session at approximately 9:15am.

**Those who are playing baseball this summer may attend the Wednesday-Friday 7:00am session when there are conflicts with this time.

All Athletes Grades 7-8: Wednesday-Friday, starting at 7:00am.

Middle school athletes will begin their day in the weightroom at 7:00am and then go into their BFAST training afterward.

**Middle school athletes who would like an extra workout may attend the 8:30am on Monday free of charge.

**Males entering 9th grade who are playing baseball this summer may attend this session when there are conflicts with the 8:30am time on Monday-Tuesday-Thursday.

Sign-ups for our summer training are online at the link below.

HS Athletes: \$75 for 15 sessions (there are 20 total – if you attend more than 15, the remaining are free of charge).

MS Athletes: \$50 for 10 sessions (there are 14 total – if you attend more than 10, the remaining are free of charge).

Scholarships are available to cover this – no one will be turned away!

<http://www.gilbertcsdcamps.org/speed-and-strength-training.cfm>

Go Tigers!

Graham Lundt
Strength Coach
Lundtg@gilbert.k12.ia.us

Jake Moore
Strength Coach/Physical Therapist
jmoore@mcfarlandclinic.com



Jake Moore



Jake has been part of the Tiger Strength program on a year-round basis for over 5 years and has played a key role in the athletic successes here at Gilbert. Coach Moore is a Physical Therapist at McFarland Physical Therapy-Somerset, specializing in the treatment of musculoskeletal injuries. His strength and conditioning background includes working for programs at University of Iowa, Florida State University and Dartmouth College. Jake has designed strength and conditioning programs for Iowa City Regina, Iowa City, City High, Iowa City West, and Solon. His athletes accomplishments include; NFL Pro-Bowl, Olympic gold medalists, NCAA All-Americans, and High School State Champions. He is an Orthopedic Certified Specialist by the American Physical Therapy Association and is a Certified Strength and Conditioning Coach by the National Strength and Conditioning Association.

Graham Lundt



Graham has been leading the Tiger Strength program at Gilbert since 2011. Coach Lundt was part of implementing the two-day per week in-season training, middle school strength club, advanced strength and conditioning PE classes, and our winter and summer speed training sessions. He also helped design the new Performance Training Center, which was completed in January 2014. Coach Lundt has been a strength and conditioning coach for over 10 years and is USA Level 1 Sport Performance Coach. Graham currently teaches health and PE classes at the high school and resides in Gilbert with his wife, Danae, and two sons, Mason and Miles.



@Tiger__Strength



**Text: @wt-room
To: 81010**



Tiger Strength



<https://tigerstrength.org/>



CALENDAR JUNE

Week of June 5	Monday	Tuesday	Wednesday	Thursday	Friday
7:00-8:30am	9-12 Girls 10-12 Boys	9-12 Girls 10-12 Boys	7-8 Boys & Girls *Plus 8 th BSB	9-12 Girls 10-12 Boys	7-8 Boys & Girls *Plus 8 th BSB
8:30-10:00am	9 Boys *Extra for 7/8	9 Boys	None	9 Boys	None

Week of June 12	Monday	Tuesday	Wednesday	Thursday	Friday
7:00-8:30am	9-12 Girls 10-12 Boys	9-12 Girls 10-12 Boys	7-8 Boys & Girls *Plus 8 th BSB	9-12 Girls 10-12 Boys	7-8 Boys & Girls *Plus 8 th BSB
8:30-10:00am	9 Boys *Extra for 7/8	9 Boys	None	9 Boys	None

Week of June 19	Monday	Tuesday	Wednesday	Thursday	Friday
7:00-8:30am	9-12 Girls 10-12 Boys	9-12 Girls 10-12 Boys	7-8 Boys & Girls *Plus 8 th BSB	9-12 Girls 10-12 Boys	7-8 Boys & Girls *Plus 8 th BSB
8:30-10:00am	9 Boys *Extra for 7/8	9 Boys	None	9 Boys	None

Week of June 26	Monday	Tuesday	Wednesday	Thursday	Friday
7:00-8:30am	9-12 Girls 10-12 Boys	9-12 Girls 10-12 Boys	7-8 Boys & Girls *Plus 8 th BSB	9-12 Girls 10-12 Boys	7-8 Boys & Girls *Plus 8 th BSB
8:30-10:00am	9 Boys *Extra for 7/8	9 Boys	None	9 Boys	None

JULY

Week of July 3	Monday	Tuesday	Wednesday	Thursday	Friday
7:00-8:30am	NONE	NONE	7-8 Boys & Girls *Plus 8 th BSB	9-12 Girls 10-12 Boys	9-12 Girls 10-12 Boys
8:30-10:00am	NONE	NONE	None	9 Boys	7-8 Boys & Girls 9 Boys

Week of July 10	Monday	Tuesday	Wednesday	Thursday	Friday
7:00-8:30am	9-12 Girls 10-12 Boys	9-12 Girls 10-12 Boys	7-8 Boys & Girls *Plus 8 th BSB	9-12 Girls 10-12 Boys	7-8 Boys & Girls *Plus 8 th BSB
8:30-10:00am	9 Boys *Extra for 7/8	9 Boys	None	9 Boys	None

Week of July 17	Monday	Tuesday	Wednesday	Thursday	Friday
7:00-8:30am	9-12 Girls 10-12 Boys	9-12 Girls 10-12 Boys	7-8 Boys & Girls *Plus 8 th BSB	9-12 Girls 10-12 Boys	7-8 Boys & Girls *Plus 8 th BSB
8:30-10:00am	9 Boys *Extra for 7/8	9 Boys	None	9 Boys	None