



2015 SSCV Summer



Strength & Conditioning Program

The summer off-season program was developed to provide the 14 year-old and over winter-sport athlete with the best training environment through superior programming and expert coaching. Athletes will be working on increasing all aspects of their strength, conditioning, mobility and flexibility, recovery strategies, as well as mental preparation and performance. This program is designed to be safe and effective to prepare each athlete for the demands of their sport, specific summer and fall camps, as well as the 2015/2016 competition season. Each plan is individually tailored based on the results and needs of each athlete.

What does the program consist of?

Lifting Sessions

Weight room sessions will concentrate on developing proper lifting technique first and foremost, then slowly increasing the intensity and load on the body. The stronger and more powerful an athlete becomes in the off-season the better they will perform during the season, the less likely they are to become injured, and the faster they can return from an injury.

Movement Sessions

Movement sessions will focus on the development of proper movement skills, boosting speed, increasing agility and improving explosiveness, as well as improving conditioning in the correct energy system. This will be achieved by teaching the athletes specific warm-up exercises, correct running mechanics, proper cutting technique and precise jumping and landing mechanics. At the end of each conditioning session, they will play a game to put everything we are working on to practice.

Why participate in the summer strength & conditioning program?

The standard has been implemented by the SSCV Human Performance Division to decrease the chance of injury, increase sport specific potential and track progress from year to year. SSCV's **MINIMUM ATHLETIC STANDARDS** are attached as a PDF on this page to educate everyone on the tests and standards they must attain. The grid is designed for athlete's age classification during the upcoming competition season.

If you choose not to participate in the 2015 SSCV Summer Strength & Conditioning Program, you will be responsible for preparing yourself to pass the **MINIMUM ATHLETIC STANDARDS** this fall. If you are unable to pass the standards, you may be withheld from on-hill activities until such a time when you are able to pass.

Will there be Peak Performance?

One way SSCV tries to help each of its athlete's meet the demand of their sport is through the use of sports psychology. By developing strong mental skills, SSCV athletes are better prepared to meet the challenges of their sport. During the summer program, athletes meet weekly in groups and on an individual basis with a member of the SSCV Peak Performance Team to work on developing these skills.

College Credit

Anyone participating in the SSCV summer strength and conditioning program can earn college credit through Colorado Mountain College. To sign up go to the CMC website, register to become a student, and sign up for PED-102 (Weight Training 1) and PED-216 (Physical Conditioning 1). Participants will earn 1 college credit per class.

2015 SSCV Summer Strength & Conditioning Program Schedule June 1st – August 14th

Monday – Lifting & Speed Conditioning

7:30 – 9:00 AM	FiS Alpine – Lifting Session
9:00 – 11:00 AM	ALL – Movement Session
11:00 – 12:00 PM	Lunch Break
12:00 – 1:30 PM	U16 Alpine – Lifting Session
1:30 – 3:00 PM	Acro – Lifting Session (CMC – PED-102 Class)
3:30 – 5:00 PM	Nordic – Lifting Session
4:00 – 6:00 PM	VMS – Lifting and Movement Session @ VMS (June 29 th – July 24 th)

Tuesday – Lifting & Agility Conditioning

7:30 – 9:00 AM	FiS Alpine – Lifting Session
9:00 – 11:00 AM	ALL – Movement Session (CMC – PED-216 Class)
11:00 – 12:00 PM	Lunch Break
12:00 – 1:30 PM	U16 Alpine – Lifting Session
1:30 – 3:00 PM	Acro – Lifting Session
4:00 – 6:00 PM	VMS – Lifting and Movement Session @ VMS (June 29 th – July 24 th)

Wednesday

OFF – Active Rest

Thursday – Lifting & Speed Conditioning

7:30 – 9:00 AM	FiS Alpine – Lifting Session
9:00 – 11:00 AM	ALL – Movement Session (CMC – PED-216 Class)
11:00 – 12:00 PM	Lunch Break
12:00 – 1:30 PM	U16 Alpine – Lifting Session
1:30 – 3:00 PM	Acro – Lifting Session
3:30 – 5:00 PM	Nordic – Lifting Session
4:00 – 6:00 PM	VMS – Lifting and Movement Session @ VMS (June 29 th – July 24 th)

Friday – Lifting & Agility Conditioning

7:30 – 9:00 AM	FiS Alpine – Lifting Session
9:00 – 11:00 AM	ALL – Movement Session
11:00 – 12:00 PM	Lunch Break
12:00 – 1:30 PM	U16 Alpine – Lifting Session
1:30 – 3:00 PM	Acro – Lifting Session (CMC – PED-102 Class)
4:00 – 6:00 PM	VMS – Lifting and Movement Session @ VMS (June 29 th – July 24 th)

Movement Sessions will be held at the field in Maloit Park behind VSSA and are conducted in the mornings from 9:00am to 11:00am with everyone together (or with your Program Director if scheduled separately)

Lifting Sessions will be held at the Minturn Fitness Center weight room are conducted with your team and scheduled through your Program Director (or scheduled with Jake on an individual basis)

VMS Lifting and Movement will run in conjunction with their summer school schedule. A SSCV Human Performance staff member will be at VMS each day to conduct both the lifting and conditioning session

ATHLETE NOTES:

Athletes participating in this summer program will need to have the following:

- ✓ **Heart Rate Monitor (required)**
- ✓ **Cleats and/or Trail Running Sneakers (for outdoor grass field)**
- ✓ **Indoor Clean Sneakers (for the gym)**
- ✓ **Your Own Water Bottle (write your name on it)**
- ✓ **Healthy Snacks and/or Lunch**
- ✓ **Sunscreen**
- ✓ **Swimming Suit and towel**
- ✓ **Light Outdoor Clothes for Hiking**
- ✓ **Enthusiasm and a Great Work Ethic!**

COST:

- ✓ **SSCV Full-Time Member U16's & Older – Included in Program Cost**
- ✓ **SSCV Part-Time Member U16's & Older – \$500**
- ✓ **Non-Member 14 & Older – \$900**

We expect all athletes to be **ON-TIME** for **ALL** training sessions. Due to our increased numbers this year, the group sessions (both field and weight room sessions) need to be attended on-time in order for the session to run smoothly. Please do not hold back your fellow athletes!

We are trying to get a handle on the amount of athletes we will have in this program this summer. Please contact your coach, or Jake, as soon as possible to let us know if you will be joining us. We are looking forward to seeing you soon!



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