

# Indianola Strength & Conditioning

## Summer Training 2024



The mission of Indianola's Strength & Conditioning Program is to provide athletes a safe & productive environment where they can grow in all aspects of their life; mentally, physically and emotionally while also striving to increase their athletic potential. Through Indianola's Strength & Conditioning Summer Training Program, athletes will engage in an individualized training program that will maximize their athletic abilities through researched and consistent training methods while working to reduce the risk of injury & increase durability for each specific athlete and their season. Each training program is designed to help athletes enhance strength, power, speed, mobility and other traits to help perform at the highest possible level in their sport. We are excited with what we have in store for all athletes and are looking forward to a very productive & beneficial summer of training. Below you will find information regarding the summer program.

### Training Details

**When:** Summer Training will begin June 3rd for ALL athletes participating in Summer Training

- All sessions will be in the morning
  - 10th-12th Boys: 6:00 am - 7:30 am
  - 8th-9th Boys: 6:45 am - 8:15 am
  - 8th-12th Girls: 7:30 am - 9:00 am

**Who:** Available for all incoming 8-12 Indianola students based on the 24-25 school year

**Where:** Indianola Football Field (Start), Indianola HS Weight Room (Finish)

- 8th grade boys will have their weight training session at the Middle School, so they will finish at the MS Weight Room

**How Often:** Training sessions 3 days/week on a M-T-TH schedule

**How Long:** Training sessions will be approximately 90 minutes in length (45 mins - Speed & Agility & 45 mins - Strength Training)

### Session Details

Please refer to the summer training calendar linked below for specific session times. Important information regarding training sessions:

- Summer Training 2024 is completely FREE, but **you must register to participate!** Registration link can be found below.
- All sessions will be organized between boys and girls. This is to best accommodate busy schedules in the summer & provide multiple training opportunities.
- Each athlete will participate in a Speed and Agility session at the High School Football Field with Coach Josh Lullmann, after completion all athletes will then travel over to the HS weight room (excluding 8th grade boys) to participate in a Strength session with Coach Josh Breitbarth (8th grade boys will have their session at the MS weight room)
- Please be sure athletes have arranged transportation to, from, and between S&C sessions
- If you are committing to Summer Training 2024, you are committing to being consistent with attending M-T-TH! Consistency is the #1 indicator of success in our program. Attendance will be taken & attendance will be recognized.
- We encourage as many HS Coaches to attend these training sessions with their athletes to encourage buy-in and participation!
- Please sign up for our Summer Training sportsYou Group - this will be our main line of communication that we use throughout the summer for any updates and or further communication.
- PLT4M - We will be using this software to create an individualized training plan for each athlete - please download this app on athlete's mobile devices or chromebooks & register for the athlete's session group

### Important Links

[Summer Training 2024 Registration Form](#)

[Summer Training 2024 Master Calendar & Session Times](#)

[sportsYou Group Contact Information](#)

[Strength & Conditioning Apparel](#) - Due June 3rd @ 11:59 p.m.

[PLT4M Registration Form](#) -

**Once registered join the corresponding group**

- 10th-12th Boys: *Indianola Summer Training (10-12 Boys)*
- 8th-9th Boys: *Indianola Summer Training (8-9 Boys)*
- 8th-12th Girls: *Indianola Summer Training (Girls)*

### Contact

Please contact Coach Josh Breitbarth ([josh.breitbarth@indianola.k12.ia.us](mailto:josh.breitbarth@indianola.k12.ia.us)) with any questions regarding Summer Training 2024.