



ADAMS STATE STRENGTH & CONDITIONING PHILOSOPHY

10 Principles

- 1. Provide Proper instruction**
- 2. Utilize scientific research to support programs**
- 3. Provide variety and balance to workouts**
- 4. Comply with the needs of each sport**
- 5. Monitor adherence to programs**
- 6. Produce optimal results with minimum time requirements**
- 7. Demand quality of work**
- 8. Promote injury prevention**
- 9. Develop strong relationships**
- 10. Provide a safe and clean training environment**

Methodology

The main objective of the strength and conditioning program at Adams State College is to achieve the maximal level of performance of each student-athlete through comprehensive training programs based on the needs of the sporting activity. Joint areas most susceptible to injury, muscle groups involved in the activity, and stressing the appropriate energy system are the primary factors in determining training prescriptions.

Our programs are designed based on principles supported by the scientific body of knowledge specific to the profession. We use various applications of the concept of periodization and apply a wide variety of lifting techniques to accommodate specific needs. We individualize training within the framework of the general program whenever it is determined to be more beneficial to the student-athlete or sport. Our program is designed in several phases that include pre-season, in-season and off-season periods.

It is important that every student-athlete develops linear speed, agility and quickness, and range of movement all in a sport-specific context. Most importantly, however, is the will to accomplish an exceptional level of overall conditioning and mental toughness. It is impossible to perform at maximal levels physically and mentally during a state of fatigue. Therefore, we demand a high level of specific metabolic conditioning at the onset of training and during the season.

At Adams State College, work ethic, accountability, and a positive attitude are very important characteristics that help define our strength and conditioning program. As a staff, we strive to develop a strong relationship with each student-athlete to promote a positive environment. We expect our student-athletes to not only improve physically, but to also develop a passion for training that is equivalent to their hunger for competition. By interacting with each student-athlete and obtaining their feedback, the best possible training program is achieved.

GO GRIZZLIES