

**STEINERT FOOTBALL 2009**  
**A COMMITMENT TO EXCELLENCE**  
**OFF SEASON PROGRAM**

As we have discussed many times with the players and parents, the WHOLE team must be committed to an off season program to improve our overall performance on the field. To that end, outlined herein is the program that must be followed by all players that would like to have a roster spot on the 2009 squad.

The program kicks off January 5, 2009 when all players will attend a team meeting at 2:45PM. The program has three phases including (1) WEIGHT ROOM, (2) MAT DRILLS and (3) TEAM BUILDING.

**PHASE ONE**

Weight room. A program has been developed by the staff that incorporates the latest and best techniques for this type of training. All coaches have been trained and will administer the program. A copy of the program is attached to this notice and will be explained in detail in the weight room during the January 5 meeting.

Weight room events will be held Monday, Wednesday and Fridays at 2:45PM starting January 5 and ending June 29. Dates are as follows:

January	5,7,9,12,14,16,19,21,23,26,28,30	Total Days	12
February	2,4,6,9,11,13,16,18,20,23,25,27	Total Days	12
March	2,4,6,9,11,13,16,18,20,23,25,27,30	Total Days	13
April	1,3,6,8,10,13,15,17,20,22,24,27,29	Total Days	13
May	1,4,6,8,11,13,15,18,20,22,27,29	Total Days	12
June	1,3,5,8,10,12,15,17,19,22,24,26,29	Total Days	13
		<b>Total Weight Room</b>	<b>75</b>

**PHASE TWO**

Mat Drills. Mat drills will take place on scheduled Saturday morning at 7AM in the SHS Gym. The schedule for mat drills is outlined herein:

January	24	February	14, 28
March	14, 28	April	4, 25
May	9, 23	<b>Total Mat Drills</b>	<b>9</b>

### **PHASE THREE**

Team Building. These will be team building events to (1) have fun together (2) build team character and (3) SEE WHERE THE LEADERS DEVELOP. The following is a list of activities.

January 30<sup>th</sup>

February 20<sup>th</sup>

March 20<sup>th</sup>

April 17<sup>th</sup>

May 29<sup>th</sup>

**Total Activities        5**

### **Summer Program**

The summer program will begin right after school closes. This will include lifting 4 days a week (2 lifting, 2 speed/conditioning), 7 on 7 against local schools and Rowan Tournament, Lineman camp at Rowan.

This is your team. Your team will be as successful as you are in the off season. Your coaches will be there, WILL YOU?