

**STEINERT FOOTBALL 2010**  
**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 2010 squad.

The program kicks off January 5, 2010 when all players will attend a team meeting at 2:45PM. The program has three phases including (1) WEIGHT ROOM, (2) Agility/Conditioning/MAT DRILLS and (3) TEAM BUILDING. A player in a winter or spring sport, will receive credit for an event, IF THEIR WINTER OR SPRING TEAM HAS A PRACTICE, GAME, MATCH OR EVENT DURING THE PLANNED EVENT.

If you are working with a private trainer, you must work at least three times a week to earn participation for Section 1 and 2 Only, excluding Mat Drills. However, a weekly progress report must be emailed to Coach Caruso, who will review and if accepted, your participation will be updated on the master participation schedule.

**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. Weight room events will be held on Wednesdays and Fridays at 2:45PM starting January 6 and ending June 18. Dates are as follows:

January	6,8,11,13,15,20,22,25,27,29	18 is a holiday
February	3,5,10,12,17,19,24,26	
March	3,5,10,12,17,19,24,26,31	
April	7,9,14,16,21,23,28,30	April 2 is a holiday
May	5,7,12,14,19,21,26,28	
June	2,4,9,11,16,18	

**PHASE TWO**

Agility/Conditioning/MAT DRILLS. These sessions will take place on Mondays at 2:45pm and Saturdays at 7AM. Some will include mat drills which are dates listed in bold. The schedule for this section is outlined herein:

January	<b>23</b>	
February	1,6,8, <b>13</b> ,20,22, <b>27</b>	15 is a holiday
March	1,6,8, <b>13</b> ,15,20,22, <b>27</b> ,29	
April	5,10,12, <b>17</b> ,19,24,26	2 and 3 are holidays
May	<b>1</b> ,3,8,10, <b>15</b> ,17,22,24,29	31 is a holiday
June	<b>5</b> ,7,12,14, <b>19</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. **These are currently being planned**

### **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 and a 4 day camp at Sea Girt in August.

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