

Pre-Season

Program

"ALL IT TAKES IS ALL WE'VE GOT"



Summer Dates

Weight Room Hours: 7-9AM and 5-7PM Monday, Tuesday, Wednesday and Thursday.

QB and Back School: Monday 4-5PM

Inside Run: Tuesday 7-7:30PM

Team Speed: Wednesday 7-8PM

*****Speed and Agility: Thursday 6-7PM*****

This has been changed from the calendar.

June 15th: First Day of Summer Lifting

June 22nd Red Lion 7 on 7 Bus will leave the high school at 4:30^(high school players only)

June 29th Pequea Valley 7 on 7 Bus will leave the high school at 5:00^(high school players only)

July 6, 7 and 8: All High School and Only Freshmen going to LVC equipment hand out

July 12-15: LVC team Camp

July 30th Octorara 7 on 7 at home at 5:30^(high school players only)

August 3rd: Season Kickoff Parent Meeting 6:30 at SHS

August 17th: High School Preseason Practice Begins at 6:00 AM at the High School

August 19th: Jr. High Equipment Handout at 9:00 AM

August 24th Jr. High Practice Begins

Solanco Football Pre-Season Program:

This program is designed to put our athletes in the best possible condition and to increase strength and speed prior to the season. By following this program the athlete's body will be prepared for the pre-season camp.

THE PROGRAM:

Strength: This program is designed to increase muscle endurance and strength. Complete the preseason lifting program. Complete day one and two in order. Do not complete the same workout on two consecutive days.

Conditioning: This program is designed build a base of cardiovascular endurance and then focus on football specific conditioning, focusing on the anaerobic demands of football. Complete the specified workouts in order. Complete the workouts and minimum of once per week and no more than twice per week. Do not complete the conditioning workouts on consecutive days.

Speed: This program, including the warm-up, includes a focus on the fundamentals of running and transitions. The football involves vertical and horizontal movements; this program builds on the progressive nature of movement. This program starts with basic movement and body control to the transitions of movement that would be specific with football. Complete the specified workouts in order. Complete the workouts and minimum of once per week and no more than twice per week. Do not complete the conditioning workouts on consecutive days.

Remember, everyone has the will to win, but the greats have the will to prepare. We need to prepare to win and play like champions. All it takes is all we've got." That means you will need to prepare during the summer for the season to come.

Tests at the beginning of camp:

Conditioning: 300 yard shuttle

Speed: 40yd dash, pro agility

Strength: Squat, deadlift, clean, bench

If you have any questions contact Coach Pearson.

Strength Program

"ALL IT TAKES IS ALL WE'VE GOT"

Complete the conditioning workout a minimum of once a week
and a max of twice a week.



PRE - SEASON

DAY 1

1. BOX SQUAT (6x5) (close, med, wide stance) 65-75% of max. EXPLODE off box.
2. CHAIN BENCH same set / rep scheme as box squat
3. POWER PULL + RDL (10+10 x 3sets)
4. DB HAMMER CURL + PRESS (10+10 x 3sets)
5. PLATE RAISE + PULLOVER (10+10 x 3 sets)
6. ABS / CORE 100 total, body weight

DAY 2

1. BB STEP-UP CIRCUIT: (10 reps each x 2 circuits)
 - A. Cross over step -up
 - B. Step - up
 - C. Wide squat
2. BB LUNGE CIRCUIT: (same set / rep scheme as above)
 - A. Lateral lunge
 - B. Backward lunge
 - C. Wide squat
3. DB BENCH PRS. + BENT ROW + SHRUG (10+10+10 x 2 circuits)
4. BB SHOULDER CIRCUIT: (10 reps each x 2 circuits)
5. ABS / CORE 50 total with added weight

DAY 3

1. POWER CLEAN + PUSH PRESS + FRONT SQUAT
OR POWER SNATCH + PUSH PRESS + OVERHEAD SQUAT **COMBO**
(5+5+5 x 5 cycles)
2. BOX JUMP PLYOS: (10 reps each x 3 cycles)
3. MED. BALL PUSH-UP PLYOS: (same set / rep scheme as above)
4. DB ARM CIRCUIT: (10 reps each x 3 cycles)
5. ABS / CORE: 100 total, 50 weighted + 50 body weight.

NOTE:

CALF / HAM / GLUTE RAISE, REV. HYPER are to be performed on DAY2 and DAY3. These will count toward your ABS / CORE total for that day.

Russ McDonnell
Certified Strength and Conditioning Coach
USA Weightlifting SPC, CC