



WPCC SUMMER & FALL Strength and Agility Series

SUMMER: Tuesday Strength and Agility Series (June, July, August)

- **Session Time Options:** 1:00 - 3:00 PM 4:00 - 6:00 PM
- **Locations:** TBA each week.
- **Equipment Needed:** Warm-up clothing, work-out clothing, trail running shoes.
- **Equipment Recommendations:** Cap, sunglasses, and heart rate monitor.
- **Requirements:** Open to athletes of all ages and abilities.
- **Notes:** Athletes will be provided with detailed weekly workouts and athletic training plans.

June 8, 2021	Focus on AGILITY
June 22, 2021	Focus on BALANCE
July 13, 2021	Focus on STRENGTH
July 27, 2021	Focus on SPEED
August 3, 2021	Agility & Balance
August 17, 2021	Strength & Speed

FALL: Tuesday Strength and Agility Series (September, October, November)

- 6 Specific Strength and Agility Sessions
- Skills: Balance, Speed, Footwork, and FUN teamwork activities
- Possible early ON-Snow Skiing
- TIMES: TBA
- DATES: TBA
- LOCATION: TBA

Why participate in strength and agility sessions?

FUN: sports and games are simply fun things that nearly all kids can agree upon. Whether it's team sports activities, sports games for kids, exercises, or even just talking about sports there is something for everyone:

- New friendships
- Outdoor year-round activities
- Wellness and exercise
- Challenges, competitions, and FUN



Agility: ability to move quickly and easily; agility drills equate to conditioning: drills that have specific work-to-rest times and maximal effort. Designed to work on one or two elements at a time:

- Lateral (side-to-side speed) = shuffling
- Linear (straight ahead) = sprinting
- Change of direction (moving in various planes of motion) = changing levels and angle
- Acceleration / deceleration = starting and stopping

Balance: the ability to stay upright or stay in control of body movement; the ability to move two or more body parts under control, smoothly and efficiently. There are two types of **balance**: static and dynamic:

- Balance training involves slow, methodical movements
- Balance exercises target flexibility, motion, and strengthens all muscle groups
- Additional benefits balance training:
 - Improved coordination and stability
 - Reduced risk of injury
 - Stronger joints
 - Increased enjoyment of workouts

Strength: the quality or state of being physically strong:

- Providing a safe and effective youth strength and conditioning program is the foundation for their long-term athletic development
- Strength training plays a vital role in ensuring that young athletes build and create healthy movement patterns and motor skills
- Strength and conditioning for the youth athlete is the improvement in their self-esteem and confidence

Speed: the rate at which someone or something is able to move or operate - pace, tempo, & momentum:

- The ultimate thing for getting faster is to practice short sprint
- Certain angles, arm actions, and mechanics do make a difference
- Sprint and run in all directions
- The stronger & more powerful an athlete becomes, the faster & more explosive they will be



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