



## STRENGTH & CONDITIONING

On behalf of the Strength & Conditioning program, I would like to extend my appreciation for the opportunity to train at Louisville High School. It is my obligation to make sure every student athlete gets the best training and obtains the best knowledge about their body, sport and nutrition in a safe environment. The ultimate goal is to take the LHS athlete to the next level.

John Henkel is a native of Plain Township Ohio, graduating from Glenoak High School in 1983. John went to Stark State and Akron University, then worked for 31 years in the Fire and Emergency medical field, retiring in 2013.

John is also a certified Orthopedic Technician, working his off days at Doctor's Hospital, Mercy Medical and Akron Children's Orthopedic Clinic.

John is a certified Strength & Conditioning Coach and a certified Interscholastic Coach.

He is a member of the WABDL and 100% Raw Power Lifting Federation. He also holds several state records for powerlifting as well as a National record.

[JHenkel@lepapps.org](mailto:JHenkel@lepapps.org)

Weight room hours are:

During School - Monday - Friday 1:00 to 6:00

Summer hours - Monday - Friday 8:00 to 1:00

Saturdays as needed