

Name of Activity: Strength and Conditioning

Advisor: Josh Anderson- Ridgeview Sports Performance

Description of activity: Ridgeview Sports Medicine's partnership with Waconia Athletics. Strength and Conditioning programs goal is to maximize athletic performance through strength, speed, agility, plyometric, and power. Evidence based and influenced on flexibility, mobility, and injury prevention. Also, to incorporate explosive movements correctly to increase power output through triple extension exercises and ground based training for all athletic teams.

Where to go for more information: Waconia High School Activities Office: 952-442-0683

Length of season: School year and Summer

Meeting/Practice times: See weight room calendar (posted outside weight room door)

Meeting/Practice sites: High School Weight Room

Competitions/Performances: Monday-Friday

Eligibility requirements: JV and Varsity Athletes

Average number of members: 75-100 athletes per day

Costs and/or needed equipment: Free to all athletes during school year.

Fundraising/Service Activities: See advisor for details

Awards criteria and type of awards: Letter winners must complete 103 days of weight room workouts/ Morning SAPT (Speed, Agility, Plyometric, Training) OR 75% of workouts.