

Strength and Conditioning Syllabus

Teacher's Name: Logan Waters

Course Description: We will better our bodies and athletic abilities through Compound lifts, Auxiliary lifts, Speed drills, Agility Drills, and Plyometrics

Materials Needed for Class: You will need a good work ethic, appropriate workout clothes and tennis shoes.

Standards:

1. You will get out what you put in.
2. NO HORSEPLAY. (Safety)
3. Put everything back where you got it, keep the weight room clean
4. Control the weights, do not drop them.

Grade Scale:

➤ A	100-95
➤ A-	94-90
➤ B+	89-87
➤ B	86-83
➤ B-	82-80
➤ C+	79-77
➤ C	76-73
➤ C-	72-70
➤ D	69-65
➤ D-	64-60
➤ F	59-0

Breakdown of Grading: You will start out with 15 points a day. You can lose points for the following:

- 10 points for skipping lifting (unless excused by a Dr. Must have a note)
- 5 points for not bringing clothes (including shoes).
- Points lost for poor attitude and effort

End of Semester Max-Out: At the end of the 1st and 2nd semester we will max out on the Clean/Squat/Bench

- 3 attempts at each lift, will get 4th attempt if 3rd and final attempt is good and if athlete chooses to attempt a 4th try.

You can add extra credit for:

- Breaking a Trojan Weights Record (5 points/ record broken)

Schedule: Could change depending on progression of students.

❖ **August**

- Deadlift/Power Clean/Squat/Bench Technique/Explanation of remaining lifts.

❖ **September**

- Hypertrophy

❖ **October**

- Strength

❖ **November**

- Strength
- Strength
- Power

❖ **December**

- De-load (Prepare for maxes)
- **Max-out**

❖ **January-**

- Hypertrophy (2 weeks)
- Strength (2 weeks)

❖ **February**

- Strength (2 weeks)
- Power (2 weeks)

❖ **March**

- Circuit Training (2 weeks)
- Strength (2 weeks)

❖ **April**

- Strength
- **State Powerlifting – April 28th**

❖ **May**

- De-load (Drop the weight, keep the volume)
- **Max-out**

Weekly Schedule: Could change due to type of lifting or sports schedule.

- **Monday:** Lifting
- **Tuesday:** Speed/Agility
- **Wednesday:** Lifting
- **Thursday:** Lifting
- **Friday:** Mobility/Stretching