

PHYSICAL DEVELOPMENT DEPARTMENT

Strength and Conditioning Course Application

DESCRIPTION AND STATEMENT OF PURPOSE:

Strength and Conditioning for Competition is a course designed to improve the core strength and cardio-vascular fitness, agility, and flexibility of students playing Varsity or JV interscholastic sports. This course will focus on development of the major muscle groups through free weight training as related to sport specific movements as well as speed and agility development. The students will learn about training intensity and volume, training zones, Olympic lifting, kettle bells, plyometric training, basic speed and agility work, as well as, sports nutrition and use of ergogenic aids.

ELIGIBILITY AND CRITERIA TO APPLY:

The following student athletes may apply if they are:

1. A returning Varsity athlete.
 2. An AMHS athlete who has participated on a Freshmen or Junior Varsity team this past year and wishes to try out for an AMHS Varsity team.
 3. An AMHS athlete who has already taken a strength and conditioning course this past year.
- To be considered, the student athlete must submit this form, with the reverse side completed, to the Athletic Department for approval from the:
 1. Varsity head coach of sport/s participated in at AMHS.
 2. (If applicable) Student's former strength and conditioning instructor.
 3. Final approval from Department Chair and Athletic Director.

RETURNING VARSITY ATHLETES FROM THE FOLLOWING TEAMS MUST APPLY:

Men's and women's water polo, football, field hockey, men's and women's volleyball, men's and women's basketball, wrestling, men's and women's soccer, baseball, softball, track & field, swimming & diving and lacrosse.

DROPPING COURSE

In the rare situation a student athlete wishes to drop the 2009/2010 strength and conditioning course they have been assigned, the student athlete will only be excused with the approval of their head coach, a parent, and the Athletic director.

Form must be turned in by **March 27, 2009** to the **Athletic Administrative offices** to be considered for placement in 2009/10 strength and conditioning classes.

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Name _____ ID# _____

Primary AMHS Sport _____ Secondary Sport _____

08/09 Strength/Conditioning Instructor (if applicable) _____

*By signing this form, I _____ (print name) understand this is a **request** for a restricted course offered by AMHS for interscholastic athletes only. I understand if I decide to not try-out the following year and/or do not make an AMHS team I will be placed in a different Physical Development course and cannot participate in the strength and conditioning course that was requested.*

Student Signature _____ date _____

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Portion to be completed by Administration

S/C Instructor _____ date _____

AMHS Varsity Coach _____ date _____

FINAL APPROVAL

Department Chair _____ date _____

Athletic Director _____ date _____

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