



## **ATHLETIC TRAINING PROGRAM**

**FSF provides a unique approach to fitness by taking a personal training approach and putting it into a small group environment.**

**Regardless of your age, gender, fitness level or goals, our comprehensive program will get you the results you are looking for. We combine high intensity interval training, Olympic weightlifting, power lifting and gymnastics into a challenging and fun results oriented regiment. Our facility uses the industry's top equipment and maintains a clean and safe place to train. Our coaches are certified, experienced instructors trained to keep you safe, motivated, and focused on your goals. Our members create a unique culture of accountability, motivation and helping each other. When you join FSF you become family!**

At FSF, our athletes have demonstrated that speed and agility training follows the principle of specificity, showing that straight (linear) speed training produces improvements in straight ahead speed with little carry-over to agility and vice versa.

Thus, it is important to train these elements as separate components to ensure both speed and agility are being developed maximally. It has been shown that eight weeks of spring training can improve performance in the maximum speed phase of sprinting (20-40 meters) and resisted spring training (pulling a sled weighted with a 5-kilogram load) can improve the acceleration phase of sprinting (10 meters). Our athletes further demonstrated that agility training can improve one's ability to change direction (agility).

We have proven that running and cutting maneuvers associated with many land-based sports can produce high levels of altered forces involved in non-contact injuries such as an ACL injury. Several professionals have found that the use of specific exercise programs incorporating various forms of speed and agility drills can significantly reduce the incidence of injury, especially to the lower extremities, while improving performance. Many of these professionals have made it a point to focus on the mechanics / technique and a systematic progression of the exercises used and not just the exercises themselves. This is necessary to help ensure that the body is being re-trained to move in biomechanically correct positions in a progressive manner and ultimately reducing excessive stress to the joints and connective tissues.

We also utilize weight training for being the trick for stepping up your game, dominating on the court and helping your team win. If you are serious about sports, you need to be equally serious about athletic weight training.

# YOUNG ATHLETE **STRENGTH AND** **CONDITIONING** PROGRAM

**FIELD STRIP FITNESS'** Young Athlete Strength and Conditioning Program is an excellent and rare opportunity to access a quality strength and conditioning program for young athletes in the Pittsburgh area.

**FIELD STRIP FITNESS** is proud to offer a Sports Conditioning Program. Our coaches will use knowledge of the sport along with their skills in CrossFit to create a program that will build strength, endurance and skill. Each 6 week (\$160) or 8 week (\$180) meets twice a week, for one hour each class in a privately coached group setting.

Why Utilize our Program?

- \*Custom Programming

- \*Knowledge and Experience

Our coaches are CPR and First Aid certified coaches who understand the unique issues facing young athletes today and the proper methods to improve their conditioning, performance and life.

Each athlete will work through a customized program that will work towards building a solid foundation of movement quality and strength, improving weak areas, reducing the risk of injury, and improving performance at sport and life.

## 1 ) Clean and Press and Snatch

Train being quick and building strong hips and explosiveness

### 1) Standing One arm shoulder Press

This is a lot easier on most people's shoulders than pressing straight overhead. Plus the core stabilization required turns this into an awesome full body movement.

### 2) Incline Dumbbell Press

- The safest way to do them is with your elbows tucked and palms facing each other. The bodybuilder way to them is with your elbows way out to the sides and palms facing forward. That's more stressful to the shoulders but does seem to hit the pees more effectively
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### 3) 1 Arm Dumbbell Row & Pendley Row

This is a great exercise for building up your upper back and lats. It can be done strictly with a sawing motion, allowing the weight to drift forward slightly at the bottom of each rep, then pulling it up towards your hip.

### 4) 1 Arm Landmine Row and pull ups

This is another great variation of a 1 arm row that

helps pack size on the lats and upper back, back, glutes, hamstrings, quads, forearms and entire midsection.

## 9) Goblet Squat-

A goblet squat with a dumbbell or kettlebell will be all that most people ever need.

Be sure to stretch and mobilize the ankles, calves, hips, glutes, hamstrings and thoracic spine for optimal, injury-free squatting. And always use a load you can dominate with perfect form. When you go too heavy and allow the form to get loose you're just asking to get hurt.

## 10) Sled Dragging/ Pushing

So it's not a traditional barbell or dumbbell movement that would usually make the list of best weight training exercises. The fact is you're using weights when you use a sled. Not only that but sled work can build leg size and strength like a mofo, while simultaneously improving your conditioning. I consider it an essential part of any training program. If you look at the quads of any cyclist or speed skater you'll see that quads respond well to volume. The best part of the sled is the lack of eccentric component. So you can pile on the volume and frequency, which will make your legs grow without your recovery ability getting crushed.

**ASSUMPTION OF RISK AND RELEASE OF LIABILITY**

*In consideration of being permitted to participate in the Activity*



\_\_\_\_\_ ( initial here ) I acknowledge that I am aware of the possible risks, dangers, and hazards associated with my participation in the Activity, including the possible risk of sever or fatal injury to myself of others. I understand that the Activity involves physical exertion and potentially hazardous activities. I do hereby declare myself to be in good general health and am unaware of any condition, impairment, disease, infirmity, or other illness that would prevent my participation in this Activity. If I am under the care of a physician, I have received his/her permission to participate in activities which require physical exertion. And, should my health change at any point during my membership, I agree to remove myself from potentially hazardous activities.

\_\_\_\_\_ ( initial here ) I acknowledge that I have read and understand the Guidelines and Policies provided by FSF by Grace Barbell aka CrossFit Reassemble

\_\_\_\_\_ ( initial here ) In return for FSF by Grace Barbell aka CrossFit Reassemble allowing me to voluntarily participate in the Activity, I agree to assume and accept all risks arising out of , associated with, or related to my participating in the Activity and to be solely responsible for any injury, loss. Or damage which I might sustain while participating in the Activity, even though such risks may have been caused by the negligence of FSF by Gracebarbell aka CrossFit Reassemble. These risks include, but are not limited to injuries resulting from slips, falls, or strains, aggravation of pre-existing medical conditions and injuries resulting from use of fitness equipment;

*To the maximum extent permitted by the law,*

\_\_\_\_\_ ( initial here ) I release and indemnify FSF by Gracebarbell aka CrossFit Reassemble and its officers, directors, employees, volunteers, and representatives, from and against any present or future claim, loss, or liability for injury to person or property which I may suffer, even though such risks may have been caused by the negligence of FSF by Gracebarbell aka CrossFit Reassemble, or for which I may be liable to any of other person, during my participation in the Activity.

\_\_\_\_\_ ( initial here ) I hereby grant permission to FSF by Gracebarbell aka CrossFit Reassemble or its agents and emergency responders to arrange or render medical treatment or evacuation or any other medical services deemed necessary or appropriate for my safety and well-being, if I become injured or ill during the Activity. I understand that accident and health insurance is not provided by FSF by Gracebarbell aka CrossFit Reassemble for participants and that I am responsible for payment of any medical attention that may be necessary.

\_\_\_\_\_ ( initial here ) I grant FSF by Gracebarbell aka CrossFit Reassemble, in its sole discretion, full permission to take and use the photographs and /or videos of me, either alone or with others, for use on their websites / social media sites or other electronic form, print or media, without notifying me, in promotion of FSF by Gracebarbell aka CrossFit Reassemble and its related entities. I hereby waive any right to inspect or approve the photographs or electronic matter used in promotion by FSF by Gracebarbell aka CrossFit Reassemble and its related entities.

**I HAVE CAREFULLY READ THIS AGREEMENT AND FULLY UNDERSTAND ITS CONTENTS. I VOLUNTARILY AGREE TTO BIND MYSELF, MY HEIRS, EXECUTORS AND REPRESENTATIVES IN THE EVEN OF MY DEATH OR INCAPACITY.**

\_\_\_\_\_  
Participant's Signature

\_\_\_\_\_  
Today's Date

\_\_\_\_\_  
Participant's name printed

\_\_\_\_\_  
Date of Birth

\_\_\_\_\_  
Parent or Guardians Signature ( if under 18 years of age)

*I hereby give my consent for the above child to participate in the Field Strip Fitness by Gracebarbell aka CrossFit Reassemble Athletic Program*

\_\_\_\_\_  
Participant Cellphone number

