

DENISON UNIVERSITY STRENGTH & CONDITIONING

Our philosophy at Denison University is to develop a comprehensive training program designed specifically for each of the athlete's individual needs, preparedness level and demands of his or her sport. Two main goals of our program are to increase the athletic performance potential of the athlete and to prevent the athlete from acquiring injuries.

Athletic Performance Enhancement

Our first goal is to increase the athlete's chances of having success on the field or court. Some of the general skill development will address are:

- Dynamic Flexibility and Mobility Drills including general and specific warm-up routines
- Linear Speed Enhancement including Starting Acceleration Development and Speed Mechanic Improvement Drills
- Lateral Speed Development including Deceleration Mechanics and Change of Direction Drills
- Reactive Method Training including Plyometrics & Ballistic Throws
- Force Production Enhancement which will encompass Maximal Strength, Speed-Strength and Strength Endurance Development
- Energy System Specific Conditioning mainly focusing on anaerobic capacity
- Static Flexibility Exercises

Injury Prevention

Our second goal is to decrease the chance of injury with the athlete. Specific ways we'll try to accomplish this goal include:

- Assessment of the athletes to identify weak or tight muscle groups
- Dynamic Flexibility concentrating on joint mobility and stability and activation patterns of specific muscle groups
- Addressing specific muscle imbalances throughout the annual plan
- Target high-risk joints and enhance their stability and muscle groups depending on the athlete, position and sport being played
- Develop Overall Relative Strength of the athlete
- Increase General Physical Preparedness

BASIC PRINCIPLES TO FOLLOW

Everyday

Eat breakfast Everyday
Get at least 7 hours of sleep Every Night

In the Weightroom

Squat Parallel
Lower the weight under control, Lift the Weight explosively
Get Spotters when you need them
Rack Your Weights (no matter what gym you're at)
Wash your hands after your lifts
Communicate with Coach Watts about injuries or technique issues
Focus on the Task at hand

On the Field

If you are not running full speed, you aren't developing speed
When Changing Directions – Stay low
Don't Bend Over at Anytime – Stand-Up when you're tired
Don't save yourself for the last rep – maximum intensity on every rep
Make the target time assigned to your position group

OUR COACHING PHILOSOPHY

3MPH

3M + 3P + 3H = SUCCESS

Denison University Strength & Conditioning Coaches follow this basic formula.

The three Ms

The task must be **Manageable**

It must be accomplished of the personnel, facilities, time, and equipment available

The task must be **Measurable**

You must be able to see and quantify the results of the training program

The task must be **Motivational**

It must be something that you and the athlete look forward to doing

The three Ps

Everything you do must be **Practical**

It cannot be overly complex or time dependant

Everything you do must be **Personal**

It must be adapted to fit the individual needs of the athlete you are working with

Everything you do must be **Proactive**

There must be a plan that anticipates the obstacles and adjusts accordingly

The three Hs

First we will emphasize “**How Well**” we perform a given rep.

We will execute perfect form and technique on every rep.

After we master form, we will emphasize “**How Fast**” we perform a given rep.

We will control the eccentric portion of the lift and execute the concentric contraction as fast as possible on every rep through the entire set.

Only after we've mastered the “How Well” and “How Fast” do we will emphasize “**How Much**” weight is used on a given set.

We will de-emphasize the intensity of the load not sacrificing form or bar velocity.

The 3Ms and 3Ps adapted from “Athletic Development: The Art & Science of Functional Sports Conditioning” by Vern Gambetta. The 3 Hs are taken from Mike Boyle.