

Sycamore High School Strength and Conditioning

Joe Ryan – Head Football Coach

Curt Countryman – Strength and
Conditioning/Assistant Varsity Football

History

- Administration
- Private Donation
- 1450 sq. ft. – 5000 sq. ft.
- Weights/Speed and Agility Classes
- All SHS Students

Research

- Iowa
- Northern Illinois
- Illinois
- Chicago Bears
- Northern Illinois Rehabilitation

Prehab

- **Jump for 3 minutes**
 - Jump in place or use a jump rope
- **Rotator Cuff**
 - 90 Degrees – 2 Sets of 10 **or**
 - QB Throw – 2 Sets of 10
- **Scapula**
 - 3-Way – 1 Set of 10
 - Scapula Pulls – 2 Sets of 10
- **Bands**
 - Shuffle
 - Frankenstein
 - Giant Strides – Forward/Backward
- **Core**

Starter

- Single Leg Squat
- Single Leg Swiss Ball Curls
- Step Ups – Lat/Lin
- Bench Squats w/Medicine Ball
- Invert Chin-ups
- Dips
- Medicine Ball Throw
- 2- Way Raise w/Bands
- Shoulder Press w/Bands
- Curls w/Bands
- Medicine Ball Push-ups

Step Program

- **7 Steps**
 - 2 Weeks each Step
 - Technique Focused
 - Spotting
 - Part-Part-Whole
 - Base Strength
 - Grouping by Skill Set

Phases

- **Hypertrophy (2 Weeks)**
 - Higher Reps/Lower Weight (8-12 Reps)
 - Technique Focused
- **Power (2 Weeks)**
 - Medium Reps/Medium Weight (5-8 Reps)
 - Explosive Movements
- **Strength (2 Weeks)**
 - Low Reps/High Weight (2-5 Reps)
 - Strength Development

Max Week

- **Lifts Tested**
 - Bench
 - Squat
 - Hang Clean

Incentives

- **Incentives**
 - **Massive Spartan**
 - Total Poundage of 3 Lifts/Body Weight
 - 3.75 Lineman
 - 4.25 Backs/Receivers
 - **Weight Clubs**
 - 500 lb. Club (Freshman Only)
 - 600 lb. (Freshman-Sophomore)
 - 700 lb.
 - 800 lb.
 - 900 lb.
 - 1000 lb.
 - 1100 lb.
 - **Max Bell**
 - **Top 5**
 - **Lift-a-thon**

Summary

- **Year Around**
 - Listen to Athletes
- **Game Day**
 - Varsity Athletes Only
- **Opens Door**
- **Injuries Down**
- **Athleticism Up**
- **Gap 22**

