



Fit Up for Life!

A program of the Northland Falcons Track & Field Team

WHAT: *Fit up* is an expression meaning to equip someone with the necessary equipment, clothes, or other items for a particular situation. The goal of this 5-week program is to *fit up* youth for life-long physical activity and to encourage them in their walk with King and Savior, Jesus Christ.

WHY:

- To encourage life-long interest and skills in personal physical fitness.
- To prepare athletes¹ for spring track and field or other spring sports such as baseball, soccer, or volleyball.
- To introduce athletes to the various track and field events.
- To share the love of Christ in a Christ-honoring atmosphere.

WHO: Junior High and High School athletes. Class size limited.

WHEN: Tuesdays & Thursdays, January 20th - February 19th. 6:00-7:30pm.

WHERE: Grace Community Church gymnasium, 1520 DD Hwy, Smithville, MO 64089

HOW:

- Daily Devotion. Reading of the Word and prayer.
- Warm-Ups. Light activity, followed by static and dynamic stretching.
- Skills & Technique Development. Develop proper techniques before incorporating them in training. May cover running², sprinting, jump rope, bracing, squat, deadlift, jumping, throwing, clean, pushup, handstand, etc.

¹ Should be accompanied by 1-3 additional workouts during the week. Coaches can share ideas with athletes based on their goals and resources.

² Drills derived from and support the Pose running style, but support fitness development in other running forms as well. <https://posemethod.com/running/>

- Strength Training. Single-exercise sets and multi-exercise circuits.
 - Core: Core training to build stability and power through the trunk.
 - Upper & Lower Body: Body weight and medicine ball work for strength, balance, coordination, muscular endurance, and power.
 - Throwing: Medicine ball work for general power and foundation for field events.
- Plyometric Training. Jump drills, box jumps, skipping, striding, and bounding to develop strength, agility and explosive power.
- Metabolic (aka Cardio) Training. Develop a pre-season base with skill drills, long-duration-low-intensity intervals, fartlek, and speed intervals through running, jumping rope, and circuit training.
- Cool-Downs: Light activity, followed by static stretches and mobility work.

WHAT TO BRING:

- a Sports Physical³ (if a valid form is not already on file with Northland Falcons) and a signed Waiver are required by the first session
- a towel or yoga mat for floor work
- filled water bottle
- gym shoes

TO REGISTER: Go to NorthlandFalcons.org and submit the Registration Form to reserve your spot.

Payment due in full by Jan. 20

Other registration paperwork (Sports Physical, Waiver, Code of Conduct, Concussion Protocol) are due by the first practice, Jan. 20.

COST: \$70 per person.

Partial refunds (less \$35 non-refundable fee) are available through January 20.

No refunds after January 20.

³ Sports Physicals are good for two years.