

Lutheran High School Activities Performance Philosophy

Mission: To develop championship caliber, multi-sport athletes with an emphasis on year-round training.

The Lutheran High School Strength and Conditioning/Performance Program is designed to provide our student-athletes the following: a program that is committed to developing athletes into champions in their respective sports; to provide every athlete with the very best evidenced-based exercise programs; a program dedicated to improving our athletes strength, speed, agility, power, and flexibility; to develop team bonding, leadership, mental toughness, and discipline through rigorous physical and mental test; and to properly educate our athletes on the importance of rest, injury prevention, and nutrition.

Further, LHS and our individual 22 athletic programs have worked hard creating a unified culture of performance training. Creating a unified program that has the support of physical education staff, coaches, and athletes is a key to building the best possible performance program. Confusion and doubt will exist if coaches from different sports recommend different styles of training. Educating coaches and athletes is key in achieving program unification. The head performance coach will work closely with the coaching staffs of each sport to develop a program appropriate for the athletes participating in that sport.

To that end, the LHS performance philosophy centers on creating an atmosphere that allows each student-athlete to maximize their potential and achieve the highest level of athletic development possible while learning skills and values that will help them maintain a healthy lifestyle in the future.

Program Objectives:

1. Provide a safe, competitive, energetic and positive training environment
2. Decrease chances of injury through conditioning and exercises that ensure muscle balance and flexibility
3. Enhance balance and stability through functional training using sport specific exercises
4. Educate athletes in proper training techniques and weight room protocols
5. Instill an appreciation of hard work and commitment in LHS athletes

Primary Goals of the LHS Performance Program:

1. Glorify God in our training, words, and actions
2. Stimulate positive physiological adaptations
3. Improve confidence and mental toughness
4. Intensity under coach's supervision
5. Progression and Recording Data
6. A Variety of Total Body Training
7. Reduce the likelihood and severity of injury

Do you not know that your bodies are temples of the Holy Spirit, who is in you, whom you have received from God? You are not your own; you were bought at a price. Therefore honor God with your bodies."

1 Corinthians 6:19-20
