

EDISON CHARGERS

2019 STRENGTH AND CONDITIONING CAMP

Athletes-

Welcome to the 2019 Edison Strength and Conditioning Camp. Thank you for choosing us to help get your high school athletic career off to the best possible start. With focus, effort, and dedication, you will see progress and improvement, both physically and mentally. Just by attending, you will already have a mental edge over other athletes, from the confidence of knowing your way around the weight room, and the movements, terms, and lifts your coaches will expect you to learn. Please take a moment to read through this letter, with your parents, to make your efforts in the weight room as productive as possible.

Before entering the weight room, prepare yourself by wearing the appropriate clothing.

- T-shirts -no inappropriate logos or slogans, and preferably no RED (wink wink)
- Shorts & proper support - no boxer shorts underneath
- Shoes - athletic shoes, running shoes, Chuck Taylors. No skate shoes, sandals, or slip-ons
NO MUD. Check your shoes. This is an indoor facility. We'd like to keep the outdoors out.
- Let's keep the "swag" to a minimum. Be known for your accomplishments, not your costume.

Feel free to bring a water bottle, but no food, Gatorade, juices, or other drinks are allowed in the weight room. Leave your cellphone at home, or outside in your bag. No phones or headsets are allowed in the weight room. We need your attention, and headphones are a safety issue. Also, small expensive electronics have a way of getting crushed in the weight room.

Skip the pre-workout, supplements, and sugary drinks. As a teenager, you don't need super-caffeinated powders or "energy" to motivate your workout, and a lot of it's unhealthy and unsafe for you, despite the advertising.

A typical session will consist of:

- 5 minutes of warm-up
- 5-10 minutes of refresher/instruction
- 45 minutes of strength training
- 15-20 minutes of cardio/core strength Weight room cleanup & maintenance

All instruction will focus on proper form. Weight will only be added as your technique improves. A solid foundation will see faster and more functional results than shortcuts or careless performance. Don't worry about how much you can lift once. Very few sports are won by the athlete or team who scores first, but rather the competitor who can sustain their best effort until the end. Our goal is to teach you to build enduring strength, so you can perform at your peak not just once, but repeatedly, until the clock hits zero.

After lifting, you may experience mild to moderate muscle soreness. Keep drinking water, eat healthy, stretch, and get ample sleep between sessions. Your body will adapt to reduce soreness and weakness the next time you perform the same movements. Regular exercise reduces the severity and soreness you experience. Having said that, we need to know about injuries. There's a difference between hurting from "unaccustomed effort" and injured. Nobody expects you to perform injured. Immediately notify a coach of a suspected injury, and we'll concentrate on getting you healthy and back lifting as soon as you can.

It's time to start focusing on your diet. Fueling your body with the right food will accelerate your efforts in the weight room. Drink more water. Focus on the outside edges of the grocery store; meats, vegetables, breads, and dairy. If it comes in a wrapper, or has a cartoon character mascot and a commercial, consume in moderation. Good food makes you feel good; junk food makes you feel like junk. It's that simple.

Thank you again for taking the time to read this letter and doing the extra work that will make you part of Edison's tradition of champions. We look forward to meeting you and working together.

Let's get after it!