

## 2021-22 CARDINAL ATHLETIC PERFORMANCE REGISTRATION

Dates: June 13-July 18 (5 weeks-no classes July 4) Requirements: Workout attire, water bottle

Location: Fond du Lac High School Weight Room

Description: Cardinal Athletic Performance is a program designed to develop and enhance a student's explosive power and speed. The training philosophy will include a primary makeup of ground-based techniques due to the fact that most students participate in standup sports.

Therefore, the training is developed to initiate exercises where the feet are on the ground. The goal of ground-based training is to improve an individual's power applied to the ground. Henceforth, during competition, a participant's speed and power will be greater on account of the training principles. Several of the ground-based lifts include the squat, snatch-squat, single-leg squat, deadlift, romanian deadlift, lunge, good-morning, step-up, box jump, etc.

All of these exercises incorporate the necessary recruitment of many muscles and joints. The philosophy is not the isolation of muscles, but incorporation of many muscles. Ground-based lifts train muscles and improve power, but ground-based lifts also improve athleticism. Flexibility, balance, injury-prevention, strength, speed & power are all characteristics that will be improved in Cardinal Athletic Performance. Kettlebell training is also implemented in order to coach and foster movements.

FOR QUESTIONS OR PROBLEMS WITH REGISTRATION, EMAIL JEANNE KRUG, [krugj@fonddulac.k12.wi.us](mailto:krugj@fonddulac.k12.wi.us) or call 920-906-6510.